

# LONDON metro®

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## 'A RECIPE FOR DISASTER'

AGAINST HER BETTER JUDGMENT, SHANNON HITS UP THE PRIV FOR DRINKS WITH THE DANIMAL

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## Why is it that time of year already?

Rest assured: Metro's Holiday Gift Guide has you covered

PAGES 20-25

## Sorry for the potty mouth, says Ford

Toronto mayor pours more fuel on the fire with lewd oral-sex remarks in front of cameras

PAGE 9

## This girl is on fire

Jennifer Lawrence is in demand as promotion ramps up for The Hunger Games sequel, and she's trying to cut the goofy act ... but it's not happening

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## GO MUSTANGS GO

Western Mustangs, from left, Dylan Ainsworth, Ricky Osei-Kusi and Lirim Hajrullahu look to be in a light-hearted mood as they leave TD Stadium on Thursday. They were en route to their flight from Toronto to Calgary to face the Calgary Dinos in Saturday's CIS Mitchell Bowl. Game time is 4 p.m.

MIKE DONACHIE/METRO

# Londoners charged in child-porn bust

**Project Spade.** Hundreds of children have been saved globally, police say

### Massive scope

Over 45 terabytes of data were seized as part of Project Spade. To put that into context, the Hubble Telescope has amassed a little more than 45 terabytes of data in its first 20 years worth of observations.

Four Londoners have been identified as among those charged in one of the largest child-porn investigations in history, London police said.

Anthony Ryckman, 42, David Rock, 52, Edward Jewell, 62 and William Allard, 38, were arrested and charged with several counts over the past three years as the investigation, code named Project Spade, wound itself around the world.

Ryckman was charged with several counts of child pornography in 2011 in what was then considered one of the largest

busts ever by London police.

Rock is a convicted sex offender who spent time behind bars in the 1990s. He was charged in December 2012.

Jewell was jailed in the 1990s for several sex offences and was arrested and charged again in early 2012.

Allard was charged earlier this year with possessing and accessing child porn.

Toronto police Chief Bill Blair trumpeted the results of Project Spade on Thursday, describing it as a three-year international investigation into the making and selling of child-exploitation videos and images over the Internet.

As a result, 341 people have been arrested and 386 children around the world have been rescued, police said.

The investigation began when Toronto officers made contact with a man alleged to have been operating a child-exploitation movie production and distribution company.

Brian Way, 42, of Toronto was arrested in 2011 and is accused of operating a website called azovfilms.com, which sold and distributed child pornography to people across the world. SCOTT TAYLOR/METRO

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## Creative community

## New sculptured fence installed alongside Unity Project

There's a new look by the side of the street in Old East Village, thanks to a local artist and Home Depot.

Alongside the Unity Project on Dundas Street, a new sculptured fence has been installed.

It was made by Richard Sturgeon, who has his Metal In Fusion studio in Old East, and funded by the Home Depot Canada Foundation. Home Depot employees have been installing the fence.

Its design reflects the house in the Unity Project logo and shows rooftops of different sizes and depths.

It's being seen as the final piece of the restoration of the 130-year-old emergency shelter run by the homelessness charity.

Unity Project development manager Silvia Langer Development said: "The Old East Village is a community where creativity is seen and heard, and people from across our city are noticing."

"It's in the shops and businesses and in the architecture of the buildings. Residents embrace making a statement and stepping away from the ordinary."

MIKE DONACHIE/METRO

## Flooding exercise

## City all set in case of major flooding

London's ready for a deluge, the city says. And they spent Thursday morning making sure of it, with an exercise in flooding emergencies involving everyone needed in a crisis.

The emergency operations centre in Byron was the scene of the exercise, which involved the cops, firefighters, EMS, the health unit, London Hydro, Union Gas, the Upper Thames Conservation Authority and city staff.

Nobody got their feet wet, though. The event was just a planning exercise, simulating a severe flooding event. The event included a presentation by William Seelig, chief of special operations at the New York Fire Department. He talked about the impact of Hurricane Sandy and how his department, along with various other agencies, managed and learned from the event.

MIKE DONACHIE/METRO



Jeff Lewis, left, and Jefferson Bialkowski with the acoustic and electric versions of the Ambassador guitar. MIKE DONACHIE/METRO

# Double the music with this guitar invention

**Note this.** Londoner creates guitar that's also a bass – and played by one person



MIKE DONACHIE  
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Fancy yourself as a bit of a rock god?

Now you could be two guitar heroes at the same time. Try this: A guitar that lets you play bass at the same time.

It's a real invention by a Londoner and, next month, it will be the basis for his pitch on the CBC show *Dragons' Den*.

Jefferson Bialkowski,

a professional musician better known as Jeffi B, invented the Ambassador guitar after a bass player let him down for a St. Patrick's Day gig two years ago.

Here's how it works: The normal pickup is under the bridge, but an additional pickup is installed, just to cover the two strings with the lowest pitch. It also has a separate output.

"This thing only hears the bass notes," said Bialkowski, 45. "It's not hearing all the information. So I can still play guitar normally, but it follows me along."

Bialkowski talked to friend Jeff Lewis, 35, a Western University graduate and Londoner who runs his own business, Footworks Orthotics, and Lewis made ar-

rangements for a patent.

Then Bialkowski applied for *Dragons' Den* and only told Lewis about it after they were accepted.

The friends are looking for a partner among the *Dragons* to help license the guitar out to a big company.

They already have a manufacturer and plan to offer the acoustic version for sale right after the show airs. If all goes well, an electric guitar will follow later.

"I find it sounds best in a group," said Bialkowski. "It's never going to replace a skilled bass player but it'll do in a pinch."

He joked: "It makes all the same mistakes I make. It never shows up more drunk than I am."

"A great bass player plays

## Special screening

- Want to see the Ambassador guitar in action? The men behind it are planning a special event for the night they're on TV.
- Their *Dragons' Den* episode will air at 8 p.m. Dec. 4 on CBC. It will be screened at Fitzrays bar (110 Dundas St.)
- After the show, Jefferson Bialkowski will demonstrate his invention.

off you and against you. It's never going to replace a great bass player, but it will replace bad bass players."



Black Sabbath lead singer Ozzy Osbourne. TORSTAR NEWS SERVICE FILE

## Here comes the Crazy Train. Black Sabbath booked at Bud Gardens

Don't get paranoid or anything, but the iron men of heavy metal are coming to Budweiser Gardens.

Black Sabbath will turn the amps up to 11 on April 9, as part of their extended North American tour that's been earning rave reviews.

Ozzy and the boys may be aging, but their latest

album, 13, hit No. 1 on the U.K. charts — their first top seller since *Paranoid* in 1970.

Tickets go on sale at noon Nov. 22 and range from \$60.75 to \$130.75 plus applicable service charges.

Visit [budweisergardens.com](http://budweisergardens.com) for details.

SCOTT TAYLOR/METRO





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## Speakers series. Nader brings message to King's

The student council at King's University College is bringing Ralph Nader to London.

A political activist and five-time U.S. presidential contender, Nader will kick off the college's speakers series — an initiative that aims to connect influential people with local students, the public at large

and university staff.

Nader's talk at the college will focus on how businesses can turn societal change into a competitive advantage.

The talk starts at 7:30 p.m. Friday in Room 105 of Labatt Hall (266 Epworth Ave.).

Tickets are \$5 at the door.

METRO



Ralph Nader comes to King's University College on Friday. GETTY IMAGES

## \$50K allocated in 2014. City offering cash to spark neighbourhoods

Have an idea that could give your neighbourhood an extra "spark"?

Here's your chance to make it happen.

The city is accepting applications for its 2014 Sparks Neighbourhood grant program. The deadline to apply is Jan. 31.

The program allows people with suggestions for community projects to earn up to \$5,000 to make them

reality.

Last year, 11 projects were funded under the initiative. Projects touched nine neighbourhoods and ranged from a gazebo in Blackfriar's Community Gardens to the recent Scarecrow Festival in Old East Village.

The city has allocated \$50,000 for the program in 2014.

For details, visit london.ca/sparks. METRO

### At the Dawghouse

#### Rawkin' for the tots: Bands on board for holiday presents benefit

The second annual Toys for Tots Rawk n' Roll runs from 3 to 8 p.m. Saturday at the Dawghouse (699 Wilkins St.).

A whole slew of local bands are on the lineup, including the Painted Dogs and the Rizdales, and you can see them all for \$5 or the donation of an unwrapped toy.

Donations will go to families in need of holiday presents for children. The event is appropriate for all ages.

METRO

### Philippines aid

#### Vigil, fundraiser to support typhoon victims

The London Multicultural Club has organized a Friday vigil and a Sunday fundraiser to support relief efforts stemming from Typhoon Haiyan.

The typhoon hit the Philippines a week ago, killing thousands. Thousands more are in dire need of water, food, shelter and medical aid.

The vigil begins at 6 p.m. Friday at Victoria Park. The fundraiser is at 3 p.m. Sunday at the South London Neighbourhood Community Centre (1119 Jalna Blvd.). METRO



## Blaze at used car lot considered suspicious

Police and the Ontario Fire Marshal spent most of Thursday investigating a fire at this used car lot in west London. The fire at Canadian Auto Group (250 Springbank Dr.) broke out about 11 p.m. Wednesday, engulfing the building in flames. Police spokesman Const. Ken Steeves said a detective at the scene confirmed the blaze is considered suspicious. Three cars were damaged. There were no injuries. SCOTT TAYLOR/METRO

# London company gets defence contract

## Kongsberg. Repair and overhaul work to create growth locally, company president says



MIKE DONACHIE  
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A London defence company is promising growth after signing a government contract.

Kongsberg Protech Systems Canada has supplied the Protector M151 Remote

Weapons Station — which allows for an array of remote-controlled weapons to be mounted on a vehicle — to Canada's armed forces for eight years.

Now, after they've been used by soldiers in Iraq and Afghanistan, the weapons systems need a contractor to repair and overhaul them, and that's where the east London company comes in.

"These systems have been operating for several years in quite extreme conditions, and need to be refurbished," said the company's vice-president

of business development in the Americas, Rune Johansson.

The Department of National Defence and Kongsberg have signed an agreement that's a "milestone" for the company, said KPS Canada president Jorn Buo.

"This is the first direct contract with DND, and we believe that this contract will help create conditions for further growth locally," he said. "Kongsberg is already an established and reliable supplier in the region, the province and in Canada."

### Life-saving equipment

Protector M151 Remote Weapons Station is the technical name of equipment designed, in part, to save lives.

- The equipment allows soldiers to fire on an enemy from inside a vehicle, which has obvious potential to reduce their risks in a war zone.

## Local cop ready to swing-dance into action

London police Const. Ken Steeves has undergone extensive training to be a police officer, but nothing prepared him for what it would take to become a competitive swing dancer.

Steeves and his wife, Sissy, a dispatcher for the police force, took lessons to get ready for Dancing with the Stars of 911, in support of the Dave Mounsey Fund.

Mounsey was an OPP officer working out of Huron County who died while responding to an emergency call in 2006.

He and his partner, Brenda, had been raising funds to pur-

chase a defibrillator for the Blyth Fire Department when he died. His legacy continues through the fund.

Until this year, the dancing was restricted to OPP officers

only, but it's now been opened up to all emergency workers.

When Steeves heard about the event, he thought it would be a good idea to try something new.

### Dancing with the Stars of 911

This is the fourth event since the Dave Mounsey Memorial Fund was created in 2009.

- It will mark the 30th defibrillator donation made in the name of a fallen police officer, firefighter, paramedic or soldier.

- The defibrillator will be donated in the name of Master Cpl. Kristal Giesebrecht, who was a member of the 1st Canadian Field Hospital based at CFB Petawawa. She was killed in Afghanistan on June 26, 2010.

"I came home and convinced my wife to do it," he said. "It took a lot of convincing."

There were three genres from which to choose. Steeves and his wife decided to become swingers — well, in strict dance terms, of course.

"We're going to be doing Runaway Baby by Bruno Mars," he said.

Twelve lessons later — and an epic investigation into finding dance pants — and they're ready to go.

The toes will twinkle Saturday night at the Hellenic Club in London.

SCOTT TAYLOR/METRO



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# SHINE A LIGHT: FAMILIES OF MURDERED WOMEN SHARE STORIES OF HORROR, HOPE

At least one woman is killed each week in Canada by her partner. Hearing the stories of those women is critical to keeping others from facing the same fate, experts say. That's one of the strongest messages behind Shine the Light, a campaign to end woman abuse. Started in London four years ago, the initiative is now painting towns across Canada purple during November to show support and urge victims of abuse to step forward. Here, Metro speaks to the families of three women who were victims of what campaign leaders call 'intimate femicide' — deaths when they should have been safe



**MIKE DONACHIE**  
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## Paula Gallant, Halifax

Paula Gallant was a Halifax elementary school teacher. In 2005, she was strangled by her husband, Jason MacRae, during an argument about a \$700 gambling debt he ran up on a credit card. MacRae then wrapped Gallant's head and face with plastic wrap for 20 minutes, to make sure she was dead.

It took five years for charges to be laid, and MacRae, who's now 40, kept living in the house they shared. He eventually pleaded guilty to second-degree murder and was sentenced in 2010 to life in prison with no parole for at least 15 years.

Gallant's sister, Lynn Blackburn, continues to campaign against woman abuse and wants the courts to take a tougher line.

"We have to take this crime seriously and hand down stiffer sentences, and make it tougher for these folks to get paroled," she said.

She calls Shine The Light "a very significant initiative" in showing society that violence against women is more prevalent than many people believe. Blackburn remembers her sister as "a vivacious young woman in the prime of life."

"She was somebody who had a tremendous sense of humour," said Blackburn. "Very quick-witted. Extremely bright. Loved by everybody whose paths she crossed."



## Jocelyn Bishop, London

Jocelyn Bishop was shot in 2010 with a homemade handgun — her body buried in a shallow grave dug at her London home.

The killer was her common-law partner Christopher Gale, who didn't tell anyone Bishop was dead until the body was found. Later, he said the 21-year-old had committed suicide. Gale, 32, was found guilty of second-degree murder and received a life sentence last month with no chance of parole for 15 years.

"She was my only sister. She was my younger sister," said Melissa Bishop. "I could be feeling really down and, no matter what, she could make me feel better. She was very compassionate."

"She had a real special love for animals and her friends and family."

The importance of Shine The Light, for Melissa Bishop, is its ability to raise awareness of abuse of women.

"A lot of the time it can just be pushed under the carpet," she said. "I don't think it's taken as seriously as it should be by some people."

And the work needs to continue, she added.

"Let women know that there is help out there," she said. "There are people who care about them and who want them to change their lives and get out of an abusive relationship."



## Shannon Scromeda, Winnipeg

"I think I killed my girlfriend with a hammer," Shannon Scromeda's partner said when he called 911 in April 2008.

Kevin Strong had inflicted 15 blows on Scromeda, 25, a mother and a secretary at Winnipeg's building services department.

Strong, now 32, pleaded guilty to in 2011 to second-degree murder and received a life sentence with no chance of parole for 10 years.

Deborah Scromeda, Shannon's mother, remembers her daughter with a smile.

"I think if you take everything that you want your daughter to be, that would be how I would describe her," she said. "She was so hard-working in her home and her career. She always had a laugh and a joke. She always had a smile."

"I think the most important thing was she was just a wonderful mom."

Speaking about the Shine The Light campaign, Deborah Scromeda said: "My respect is just beyond words."

She added: "Women can feel strength, and they can see that people care."

Scromeda wants to see more people face up to violence against women.

"It's not fully recognized, how dangerous it is in our country and in our world," she said.

### To get help

- **Women in trouble need to know where to turn.** Megan Walker, executive director of the London Abused Women's Centre, says the Assaulted Women's Helpline is a vital resource
- **Although Ontario-based, the 24-hour, 365-day helpline supports women from around the world and refers them to services in their area**
- **It can be reached at 416-863-0511. Resources are also available at [awhl.org](http://awhl.org)**



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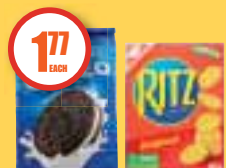
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Canada's former United Nations ambassador Stephen Lewis was the keynote speaker during Thursday's Hope in the City breakfast organized by the Salvation Army. COURTESY SALVATION ARMY

# Salvation Army issues plea as it struggles to do more with less

## Call to local businesses.

Agency stretched thin as poverty numbers continue steady climb



SCOTT TAYLOR

scott.taylor@metronews.ca

They have a dream, but if trends continue, that dream could turn into a nightmare.

January was a record month for the Salvation Army food bank. They served 2,200 clients, about 200 more than in the same period last year — which was more than the year before that.

Christmas is a time of giving, but the tap turns off once the new year begins.

To make matters worse, previous sources of income have become drains on their resources, according to spokesman Perron Goodyear.

"Some of those we call

traditional donors are now coming to us for help," he said.

That's why they organized a breakfast to engage the London business community Thursday morning. But while dollars are definitely needed, Goodyear said there's a lot more companies can do if they can't spare a little change.

"It's not just monetary," he said. "It's supporting some of the events we're doing, possibly sponsoring it, getting the word out, maybe releasing some employees for a few hours to do some volunteer work."

Goodyear called that type of support essential to what the organization does if it's to continue doing it.

"More and more, the need is going up. So how can we make it work?" he said.

Another pressing issue is how the agency will continue to function 10 years from now if the number of poor keeps climbing.

"We're hoping the trend starts on a downward turn," he said. "That would be the ideal, but what it really means is trying to do more with less."

Goodyear said 86 cents from every dollar donated goes directly to programs and services.

## Necessity

The Salvation Army helps one in 11 Londoners.

- The growth in the number of families using the London Food Bank since 2001 exceeds population growth.
- One in seven households is unable to afford shelter that meets adequacy and suitability norms.
- The number of those living in poverty, particularly those described as the working poor, has been increasing for years. A full-time minimum-wage job of \$10.25 an hour pays less than \$1,800 a month.

SOURCE: SALVATION ARMY

## Unsustainable

"There's a little less coming in and more going out."

Perron Goodyear, Salvation Army spokesman

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### Bored of Ford?

A new YouTube video is trying to spread the word that Toronto is "More than Ford."

- The one-minute, four-second video posted on the popular website is described as a "fan video" featuring "some of the things we love most about our city."
- It shows scenes from around the city along with sporting, fashion and entertainment events, street festivals and celebrities — but no images of Mayor Ford.

### 'Truly disturbing'

## Wynne: Ont. keeping an eye on Ford

Ontario will consider offering "new tools" to Toronto if the city's government decides it simply can't function as a result of its scandal-plagued mayor.

The first significant move towards intervention was suggested Thursday by Premier Kathleen Wynne.

"We've been watching this situation closely and listening very carefully," said Wynne. "The things that we are seeing and hearing about Mayor Rob Ford are truly disturbing."

Wynne emphasized that it wasn't the province's role to impose its own preferences upon Toronto's government. But she conceded she would consult the provincial opposition parties if the city requested action from Ontario. **THE CANADIAN PRESS**

# Another day, another apology from Rob Ford

**Warning: graphic content.** Toronto mayor starts the day using foul language, then says sorry with his wife by his side

In the space of just a few hours Thursday, Rob Ford spouted an obscenity on live TV, refused to apologize then did apologize, was scolded by Canada's oldest football team for wearing its jersey and begged the media to give his family privacy — his seldom-seen wife by his side.

The latest bizarreness involving Toronto's besieged mayor set off another chorus of demands for him to leave — not just get help, but to resign for the good of the city.

The dizzying cascade of events began as Ford arrived at city hall — sporting a blue No. 12 Toronto Argonauts uniform with "Mayor Ford" on the back.

As TV cameras broadcast live, Ford used crude language to deny allegations he told a female aide he was going to have oral sex with her. A staffer told police Ford also said he had already had sex with the aide, court documents say.

"It says I wanted to eat her pussy and I have never said that in my life to her. I would never do that. I'm happily married and I've got more than enough to eat at home," he said to astonished reporters.

The Toronto Argonauts released a statement saying they were "disappointed" at the mayor for using coarse language on live television while wearing the CFL team's jersey.



Toronto Mayor Rob Ford jostles with the media as he tries to escort his wife Renata, left, out of a news conference on Thursday. CHRIS YOUNG/THE CANADIAN PRESS

Ford, 44, the father of two children, did say he was receiving support from a team of health-care professionals, but refused to elaborate.

Initially, Ford stood by his vulgar comments.

"If you're offended, I'm not apologizing, because put yourself in my shoes if someone said that about your husband or your wife," he shouted during a council session.

According to sections of court documents released Wednesday, an ex-staffer told police an intoxicated Ford made the comments at a restaurant on St. Patrick's Day last year.

The alleged incident was

one of several in the document that reported questionable or bizarre behaviour by Ford: driving after guzzling vodka, sniffing cocaine, and apparently consorting with sex workers.

Ford called the allegations outright lies.

Just hours later, with his wife Renata nearby, the mayor apologized for what he called his impulsive and "graphic" remarks blamed on months of mostly self-inflicted stress, culminating in the latest revelations he said pushed him over the line. "When you attack my integrity as a father and as a husband, I see red," he said.

**THE CANADIAN PRESS**

### A lawyer's opinion

## Ford's threats to sue likely toothless

Mayor Ford's threat to sue former staffers for telling police about activities they said included his consorting with suspected sex workers is unlikely to go anywhere, a libel lawyer said Thursday.

Well-established case law offers protection to

people speaking to investigators — but it's not absolute, said Julian Porter.

"The employees would have had a qualified privilege in talking to the police provided they weren't malicious and inventing it," Porter said.

"Now if the employees tell it to everybody else, that's a different matter."

At city hall, Ford named three former staffers: Mark Towhey, Isaac Ransom and George Christopolous.



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# Gardens sex abuser now facing 107 charges

## Gordon Stuckless.

Convicted in '97 of sex assaults on 24 boys, he now faces new charges on allegations going back decades

A man at the centre of the Maple Leaf Gardens sex-abuse scandal now faces more than 100 charges in relation to alleged offences that took place in the Toronto area decades ago.

York Regional Police say they've laid nine new charges against Gordon Stuckless, bringing the total counts faced by the 64-year-old to 107.

All charges relating to separate investigations by Toronto police and York Regional Police have been merged together.

Investigators say Stuckless surrendered to police on Wednesday and was charged with



Gordon Stuckless leaves a Toronto police station after being arrested again on sex charges. TORSTAR NEWS SERVICE

nine counts relating to an alleged victim who came forward last month and reported historic sexual assaults.

The new charges are four counts each of indecent as-

sault on a male and sexual assault, and one count of gross indecency.

Stuckless is known to have made contact with boys through schools and

minor sports in Toronto, Thornhill, Oak Ridges and Haliburton County. Investigators say there is no statute of limitations for sexual offences. **THE CANADIAN PRESS**

## Laval. Ten young teens arrested on child-porn charges; seven victims

### How it got started

The Laval investigation began in earnest in October after a staff member at one Laval high school noticed that kids were huddled around a phone, looking at an image of a girl that was sexually explicit.

Child pornography, peddled by children. That's the serious accusation levelled at 10 adolescents arrested Thursday in the Montreal area.

The boys allegedly coaxed their friends and girlfriends into posing for pictures they later shared among themselves.

Aged between 13 and 15 years old, they were arrested in a sweep early Thursday in Laval, a suburb just north of Montreal.

They face various charges — including the production, possession and distribution of child pornography — and are expected to appear in youth court later Thursday.

A Laval police spokeswoman said they are hopeful the myriad files, at least one of them a video, were not widely distributed.

So far, police say they have identified seven victims — with all of the girls in the same age bracket as the accused. Police have met with the girls and their parents.

Lorrain said police have yet to go through a number of devices they seized Thursday. Other victims might be identified once police go through smart phones, laptop computers and tablets that were all seized as part of Operation Magma.

"The study of these items will allow us to know who received these images and if there were any more victims," Lorrain said.

Police said the network included students attending three English high schools in Laval. **THE CANADIAN PRESS**

### Suggestive emails

## Two Secret Service agents investigated

More than 18 months after a prostitution scandal in South America rocked the Secret Service, the agency in charge of protecting the U.S. president is investigating another case of suspected sexual misconduct in its ranks.

This time, two supervisory agents assigned to President Barack Obama's protective detail have been investigated for misconduct involving sexually suggestive emails sent to a female subordinate. The alleged misconduct does not appear to involve a breach of Obama's security.

According to The Washington Post, supervisor Ignacio Zamora Jr. was reassigned. Timothy Baraclough, also a supervisor, remains with the presidential protection division.

The agency started investigating Zamora this spring after a hotel in Washington notified the Secret Service that a bullet from Zamora's gun was found in a room.

**THE ASSOCIATED PRESS**

## Mystery. Man thought to be a Harvard-trained lawyer convicted in massive charity fraud

A mysterious defendant in a \$100-million, cross-country Navy veterans charity-fraud case was convicted Thursday of racketeering, theft, money laundering and other charges.

The jury, which deliberated for about three hours Wednesday, heard nothing from the ex-fugitive, who changed his mind and decided against testifying. His attorney said he wanted to tell his story but worried about his mental state if he faced aggressive cross-examination by prosecutors.

The defendant identifies himself as 67-year-old Bobby Thompson, but authorities say he's a Harvard-trained attorney named John Donald Cody. He was indicted in 2010, disappeared for nearly two years and was arrested last year in Portland, Ore.

He was charged with looting the United States Navy Veterans Association, a charity he ran in Tampa, Florida. As his five-week trial wound down before closing arguments Tuesday, he had ap-



Bobby Thompson, who authorities say is attorney John Donald Cody, in court Thursday.

TONY DEJAK/THE ASSOCIATED PRESS

peared dishevelled in court, so much so that the judge suggested a break to allow him to get a clean shirt and comb his hair.

Authorities believe he defrauded donors of up to \$100 million in 41 states. A fraction of that money was found.

When he was arrested, authorities found fake IDs and a suitcase with \$980,000 in cash. **THE ASSOCIATED PRESS**

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A man holds an e-cigarette at a pop-up bar in London, England. Physicians and even former opponents are warming to the idea of e-cigarettes, which offer nicotine but not the smoke. LEFERIS PITRAKIS/THE ASSOCIATED PRESS FILE

## E-cigs A-OK: Doctors

**Conference.** Only 'theoretical' health risks identified; devices set to overtake tobacco

E-cigarettes are almost completely free of health risks, and could save millions of lives, agreed health experts at a London summit to discuss the effects of the device.

E-cigarettes — which work

by users inhaling vaporized nicotine — have enjoyed a surge of popularity since they were introduced around the turn of the decade, with around 7 million users in Europe. Nations have moved to crack down, but a growing movement claims they offer more benefits than risks.

"We can recommend that smokers who cannot quit should switch to e-cigarettes," said leading researcher Dr. Konstantinos Farsalinos of the

University Hospital Gasthuisberg, Belgium. The risks were less than 1/1,000th of smoking tobacco, he told Metro.

Dr. Farsalinos added that the devices were the most effective tools to quit smoking. "The best alternative before was around 20 per cent. ... In my research, up to 80 per cent of participants using e-cigarettes have quit." Medical journal The Lancet found them more effective than Nicorette gum and patches. KIERON MONKS/METRO WORLD NEWS

## Telecom spectrum. Ottawa tells companies to use it or lose it

Telecom companies sitting on licensing rights that could provide more high-speed Internet service to rural consumers are being told to use it or lose it by the federal government.

Industry Minister James Moore said Thursday the government will not renew spectrum licences for those telecom companies that have failed to use them, citing the government's commitment to improving wireless service to Canadians.

"Those that have not used the spectrum will lose it," Moore said in a statement.

Moore said the licences

### Quoted

"If you've been sitting on this stuff for the best part of a decade, you're not going to be deploying it tomorrow."

Iain Grant, telecom analyst

issued for the 2300 megahertz and 3500 megahertz spectrum were for fixed wireless services, which he said was the most affordable way to provide high-speed Internet in rural areas.

THE CANADIAN PRESS

### Bosnia

## High-speed rail trains to nowhere

They were seen as a shining example of Bosnia's rebirth from war: a fleet of high-speed trains built-to-order in the West. Eight years later, they haven't made a single ride: They're too fast for Bosnia's 60-year-old rails. "It's as if you bought nine Ferraris and ... no roads to drive them on," said Samir Kadric, an official with the publicly owned railway company responsible.

Not only are the tracks too old, Kadric explained, there's no money to maintain them, meaning they just decay as they sit idle.

THE ASSOCIATED PRESS

### Market Minute

**Dollar**  
95.53¢  
(-0.05¢)

**Natural gas:** \$3.61 US (+4¢)  
**Dow Jones:** 15,876.22 (+54.59)

**TSX**  
13,431.38 (+60.72)

**OIL**  
\$93.76 US (-\$0.12)

**GOLD**  
\$1,286.30 US (+\$17.90)

### Random biz fact of the day

**33%**

33 per cent of employers said they don't follow up with candidates they interviewed with to let them know they didn't get the job.

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# Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 10

metronews.ca/temp

## Arrested development

### With careers so sluggish they are Generation Wait

U.S. mobility for young adults has fallen to the lowest level in more than 50 years as cash-strapped 20-somethings shun home-buying and refrain from major career moves.

The new Census Bureau figures underscore the impact of the sluggish economy on young people whom demographers refer to as "Generation Wait."

Burdened with college debt or toiling in low-wage jobs, they are delaying careers, marriage and having children. Waiting anxiously for their lucky break, they are doubling up with roommates or living with mom and dad. **THE ASSOCIATED PRESS**



### Sound familiar?

Nashville resident Jeremy Bills, 27, (pictured) has stayed put in his college town in hopes of finding a job in management consulting or human resources. Instead, he has mostly found odd jobs like pulling weeds and dog-sitting.

"I'm constantly looking for other jobs," he says. **THE ASSOCIATED PRESS**

# Temp Enjoys Cocktails With The Danimal

It was after 5:00 and I was getting ready to call a cab when a flower delivery arrived — a jumbo tropical parade float that put my mind immediately to rum drinks. The Danimal passed through as I was opening the envelope. "Who's that for?" he asked.

I opened it and we both read it at once: "To most beautiful temp for glorious mcfunburry dinner. return from china very soon." I wasn't sure how to play this.

"Shannon, is there something I should know?"

"Huh?" God, not the mating panda thing again. "No!"

"That's not what I meant."

"What did you mean?"

"I saw you and Xu Junior yacking it up in the parking lot. Don't think I believe the fortune cookie English thing for a minute."

"Oh."

"Yes, oh."

I tried casually to put on my jacket. Danimal said, "Come for drinks with me. It's not a pick-up. Yes, my wife's in Florida getting her lips done, but you know that. I just don't want to go home yet, not after today."

"Where's Andy Kimura?"

"We hate each other. I don't care where he is. It's one of the reasons we're selling."

A motherlode of potential of-vice gossip was too big to ignore. "OK, but I don't go with married guys. Period."

"It's not about that. Let's go to

that bar beside McFunbury's.

"The Executive Privilege Short-Term Corporate Lodging Good Time Experience?"

"That's the place. 'The Priv.' We have a deal with them."

Drinks at The Priv started badly. Danimal guzzled a double scotch and I got stupid on a rum punch. He got philosophical about cars, the way guys do. "Kevin's Shelby depressed the crap out of me. I looked at it and all I thought of was how it's too late to fix whatever bit of the economy is left after having shipped it all off to China. Think of Michigan: ten million primates needing 2,500 calories a day sitting on a cold rock in the middle of the North American continent, with nothing to do all day. A recipe for disaster. Bartender!"

More drinks. More philosophy. "Shannon, Detroit is our existential boogiemani. Detroit forces us to ponder the meaning of being alive: we wake up, we do

**Drinks at The Priv started badly. Danimal guzzled a double scotch and I got stupid on a rum punch.**

something, we go to sleep, we repeat it about 22,000 more times, and then we die."

I looked across the bar: Sarah and Kyle were coming in and they'd obviously just been ... frisky with each other.

Danimal was being maudlin: "I don't care if you're spying on TWK for the Chinese. I just want the old system back."

Dan and Sarah locked eyes. So did Kyle and I.

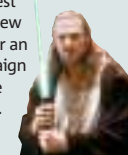
"Sarah?" said Danimal ... "This place is our place. You brought someone else here?"

"What about you, Romeo?" Kyle looked at me... "Shannon?"

## Random fact of the day

- Jedi became the second-largest religion in New Zealand after an email campaign ahead of the 2001 census.

SOURCE: OMG-FACTS.COM



"It's not what you th—" I turned to Danimal, "Spying for the Chinese? Are you nuts?"

Caramba, what a mess.

TO BE CONTINUED...

## Random biz fact of the day

# 80%

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# FORD OVERSHADOWS, WELL, EVERYTHING

**1 Had enough of me yet?** The slow moving political train wreck that is Rob Ford continues as the world watches, aghast and helpless. Drug/alcohol/escorts/assaults/murderous threats — at this point, is there any bad thing the mayor of Toronto has not allegedly done? And yet, like the Black Knight in Monty Python and The Holy Grail, the Big Fella insists it's just a flesh wound. As one protest sign outside city hall suggests: it's time to either step aside ... or fall over.

**2 And then there's this typhoon.** Not Hurricane Rob, but the very real and tragic Typhoon Haiyan. We all knew the worst storm ever was going to wreak havoc in the Philippines and it has. Thousands have died and more



THE METRO LIST  
**Paul Sullivan**  
metronews.ca

role you're born for. Too bad Shakespeare's not around

than 600,000 are homeless in the wake of the storm. Unless relief aid gets to the people who need it soon, the situation will get much, much worse. Is it just me, or is the worst thing about the Rob Ford Clown Show the fact that it's distracting us from helping those who really need help?

**3 Meanwhile, back at the palace.** Happy Birthday to Prince Charles, who turned 65. That's nothing. His mum is 87 and appears to be no less robust than her mum, who made it to 101. He already has the record for the longest wait to be crowned the King of England. How very strange it must be to spend your entire life waiting for your mother to die so you can assume the

any more — he'd have a field day with this one.

**4 He may not know art...** but he sure likes Andy Warhol. Some Rich Guy (Woman?) paid \$105 million US for a Warhol painting of a car crash, complete with dead body spread across the wreckage. Nice! Oddly, this wasn't the most spent on a single painting this week. That honour goes to a 1967 work by Francis Bacon called Three Studies of Lucien Freud, which sold for a world record \$142.4 million US. I just went out and bought a set of paints and brushes. Gonna get me some of that.

**5 Freedom Towers over Manhattan.** New York is once again officially the home of North America's tallest building, the 1776-foot Freedom Tower. It replaces the Twin Towers demolished in 2001 by Osama Bin Laden's air force. Western Civilization, 1, Forces of Chaos, 0.

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## ZOOM

### Chilly conditions for activists



MICHAEL SOHN/THE ASSOCIATED PRESS

#### Imprisoned protesters honoured

Portraits of Greenpeace activists are frozen in ice cubes in front of the headquarters of Gazprom Germany in Berlin, Thursday, during a Greenpeace protest against the imprisonment of 28 activists, a Russian photographer and a British video journalist.

The 30 people were

arrested following a protest at a Russian oil rig in the Arctic.

Among the detainees are two Canadians: Paul Ruzyski of Port Colborne, Ont., and Alexandre Paul of Montreal.

In late October, Russia dropped piracy charges, which carry a sentence of up to 15 years. The 30 are now charged with hooliganism, which carries a maximum sentence of seven years.

THE ASSOCIATED PRESS

#### Paul McCartney asks for resolution

Paul McCartney is urging Russian President Vladimir Putin to release the captors.

In a letter addressed "Dear Vladimir," the former Beatle tells Putin that he wrote the song Back in the U.S.S.R. in the 1960s, "back when it wasn't fashionable for English people to say nice things about your country."

Quoting the song's line "Gee it's good to be back home," McCartney asks: "Could you make that come true for the Greenpeace prisoners?"

"...It would be great if this misunderstanding could be resolved and the protesters can be home with their families in time for Christmas..." @PaulMcCartney tweeted Thursday. He posted the letter to his website.

THE ASSOCIATED PRESS

#### Clickbait



ANDREW FIFIELD  
andrew.fifiield@metronews.ca

Among some of the better games released to the App Store last month are an addictive noir mystery, classic pinball based on a classic franchise and an absolute gem of an RPG parody.



CONTRIBUTED

#### Device 6:

The best slice of interactive fiction to show up on iOS in quite a while, Device 6 puts you in control of Anna after she wakes up in a mysterious castle. As you guide her from room to room, the story and gameplay unfold through text that's creatively written to take advantage of the iPhone's capabilities. The story, the sound design and the puzzles — everything about this game is beautifully polished. (iOS/\$3.99)

#### Star Wars Pinball 2:

From the developers of Zen Pinball, the first Star Wars tables that came out a few months ago are being complemented by a few new releases. If you've never played a Zen pinball game before, you're missing out on some of the best physics and highest concepts ever used in digital tables.

Purchasing the app gets you one table with the option to buy others. For my money, they don't get better than Starfighter Assault and The Clone Wars. (iOS/\$1.99)

#### Doom & Destiny:

If you can get over the feeling that you're being gently mocked the entire time, this parody of classic role-playing games that features four friends who somehow get sucked into a fantasy world where everybody is under the impression that they're legendary heroes sent to save a princess ... of course. The controls are tight, the battles are varied and the story plays out like a comedy script, and not just a bunch of in-jokes. However, we're still unsure if the litany of grammar errors are part of the gag or actual sloppiness. (iOS/\$2.99)

#### Twitter

@metropicks asked: A Moscow subway accepts 30 squats as payment for 1 transit ride. What exercise would you do for free entry onto transit?

@Blondefit : 30 burpees!

@aaronetic: pull ups on the handle bars

@Cazzy: Will twerk for duration of

ride

@keepitbrutal: Piggy backing a stranger through the turnstile.

@thesmiliest: Can't we just smile at them? Squats make my legs hurt.

@CALanuzza: Pick up the leftover Newspaper and some lil garbage... #yyc

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## Cronenberg

Have you ever wondered what a Mugwump looks like up close? How about the telepod that transformed Jeff Goldblum from man to insect? If you are a fan of Naked Lunch, The Fly or of David Cronenberg in general, you'll want to make like the Reel Guys and head to the TIFF Bell Lightbox in Toronto to check out an elaborate and comprehensive exhibit detailing the director's storied career. The show runs until Jan. 19, 2014, and presents an unprecedented look in to the mind and career of one of our greatest filmmakers. To prime the pump, the Reel Guys suggest some must-see Cronenberg films if you can't make it to the exhibit.

## Reel Guys

### RICHARD CROUSE AND MARK BRESLIN



Dead Ringers is a creepy Hitchcockian thriller with Third Reich overtones. CONTRIBUTED

# An ode to Cronenberg

**Look back.** Visionary filmmaker gets his own exhibit in Toronto and the Reel Guys take a walk through his filmography to pick their favourites

**Richard:** I am an unabashed fan of David Cronenberg. I felt like a kid in a candy store — or should that be an entomologist at a larvae convention? — at the exhibition and I regularly revisit his movies on DVD. One that always gets overlooked is Spider, a trip into the mind of a severely mentally disturbed man starring Ralph Fiennes. Fiennes is great in a virtually dialogue

free performance but it is Miranda Richardson as several characters — all the women in Spider's life — who really steals the show. It's a spooky and cerebral thriller.

**Mark:** Spider was never one of my favourites although it does have a great twist ending. My thoughts on the Cronenberg oeuvre — and they're almost all great — is how ahead of his time he's been on our relationship to technology. When Videodrome came out, it was dismissed by a lot of critics. Now we live its reality every day. Same with Existenz. Both visionary films that prove how far ahead of the curve the director can be. But I think the quintessential Cronenberg film is Dead Ringers — a creepy Hitchcockian thriller that has

Third Reich overtones of medical experiments and twins — and also because Cronenberg himself looks like a gynecologist harboring a terrible secret.

**RC:** I also have a soft spot for The Brood. It's probably Cronenberg's most traditional horror film, and I take delight in loving a movie Leonard Maltin rated a "Bomb." Featuring Oliver Reed as an experimental psychotherapist, Samantha Eggars as a fetus-licking mother and murderous psychoplastic offspring, it is the very stuff that nightmares are made of. It's lesser seen than The Fly or Dead Zone and way more down-and-dirty, but for sheer scares it's hard to beat.

**MB:** I like the brood but I prefer the Dead Zone even

though legend has it that Cronenberg regretted doing a movie with all the incumbent studio interference. Know what? It still works. But Cronenberg will forever be one of my favourite directors if for no other reason than breathing life into Naked Lunch. A book I should have loved but could never get through — until I saw the film.

**RC:** He's audacious. He made an unfilmable book filmable and opened a lot of people's minds to reading author William S. Burroughs.

**MB:** He did the same thing with Cosmopolis, although I must say I didn't need to see Rabin to appreciate Marilyn Chambers.

# Every time is a good time!

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TEMP1980



Comedy



Thanks for Sharing

Director. Stuart Blumberg

Stars. Mark Ruffalo, Gwyneth Paltrow

• • • • • Making a playful comedy about sex addiction may not be a cinematic cakewalk, but with Thanks for Sharing, filmmaker Stuart Blumberg plays the multi-character dramedy a touch too light. Starring Mark Ruffalo, Gwyneth Paltrow and pop singer Pink (looking at home on the screen), the predictable premise revolves around addicts focused on forging ahead with new romances. While the story prematurely fizzles out of familiarity, the instinctive talents of the performances are sweepingly seductive. **STEVE GOW**

# Pratt ponders pain of parenting

**Delivery Man.** Actor takes on role of stay-at-home dad in latest film and feels for the moms



**NED EHRBAR**  
Metro World News in Hollywood

Chris Pratt has become something of an incredible growing-and-shrinking machine lately, getting super-buff for Zero Dark Thirty and then getting impressively out-of-shape and flabby for his latest, Delivery Man, in which he co-stars as Vince Vaughn's pessimistic friend and hapless attorney. And after that, he got into superhero shape for next year's Marvel spectacle Guardians of the Galaxy. It all sounds very painful, but Pratt is OK with you laughing at his pain.

**In my opinion, you had all the best lines in the movie.**

Oh, thanks. That's nice. It's kind of written that way. The character's really funny. Vince's character comes from



Chris Pratt, left, and Vince Vaughn star in Delivery Man, which opens next Friday. CONTRIBUTED

such a hopeful place, but I think maybe the best comedy comes from a place of hopelessness, and that's where my character is at. He's just a despondent, sad, miserable type of guy, and that's where you mine the best comedy. I think to me, that's the ultimate accomplishment in acting, to be in a place of such utter pain

but people find it hilarious. But hopefully not all of my pain is funny. Like the only pain that's funny is the pain that doesn't really hurt. If a brick falls on someone's head and then their brains fall out and they die, you're not going to laugh.

**Unless you're a sociopath.** Right, unless you're sick. Un-

less you threw the brick and you're insane (laughs). But if a brick falls and hits someone in the head, and they just keep walking and pretend like it didn't happen, that is hilarious. It's irony, you know? Because it's what you don't expect. It's pain minus trauma, and I think that you get the sense that this character is going to

be all right, and that's why you're willing to laugh at his pain.

**It looked like all four of his kids were around the same age.**

Yeah, we were busy. There was a whole back-story I had to come up with, where maybe (he and his wife) met in law school or something, she got a really great job that brought us out and we bought an apartment in Brooklyn, had one kid, she said, "If you stay home with this kid, I can continue to work and become partner." I was like, "Great, do it. I'm a progressive man, I can handle being a stay-at-home dad." And then next thing you know, four years later we have four kids, the passion's gone, I've gained weight and she's sleeping with one of her partners and she's the major breadwinner. It's the classic story, but the genders are reversed. It's like what so many men since the '50s have been doing to these poor mothers.

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**Piya Chattopadhyay**

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**Lorne Dawson**

University of Waterloo  
How much of a threat are Canadian terrorists?



**Bill Anderson**

University of Windsor  
How do we improve our borderline relationship to the U.S.?



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## Dystopia: So hot right now

### Books, movies and TV shows angling to be the next *Hunger Games*:

Can't get enough of the dark, foreboding future of *The Hunger Games*? Well, plenty of authors and filmmakers are hoping so, as there are a number of other properties out there tapping into our current obsession with a bleak future.

**Divergent:** Both a book series and a forthcoming (presumed) film franchise, this one also has a plucky female protagonist, Tris, in a future world divided up into sections — this time by moral code. You can read the books or wait for the first film, starring Shailene Woodley and Theo James, in March.

**Revolution:** NBC's series about survivors of a world

suddenly gone electricity-free is well into its second season, and even features a young girl who's handy with a crossbow.

**The Maze Runner:** Think of it as *The Hunger Games* but without the girl. The boys in the mysterious "glade" contend with monsters and mazes in search of freedom. Again, if reading isn't your thing, there's a movie adaptation out next year.

**Proxy:** Alex London's novel also takes place in a nightmare future U.S. of sorts, this time with the Haves employing the debt-laden Have-Nots to suffer their punishments for them as "proxies." And on top of all that, its main proxy protagonist, Syd, is gay. There's a second book due next spring.



The NBC series *Revolution* is now in its second season. CONTRIBUTED

# THE CATCHING FIRE GUIDE

The *Hunger Games* sequel finds hero Katniss Everdeen back in the arena, competing with ex-winners. Here's what else you need to know.

NED EHRBAR  
Metro World News



## Why we need Katniss

### Elizabeth Banks on the lack of strong female heroes:

What makes *The Hunger Games* great, to hear Elizabeth Banks explain it, is that Katniss Everdeen is a "badass female protagonist." And the actress who plays her isn't too shabby, either. "Jennifer is an amazing actress who gets amazing roles, and I wish that she gets them always and forever for the rest of her life," says Banks, who co-stars as fancy-pants minder Effie Trinket in the film series.

"I've been doing it a little longer, and I know there are a lot of girlfriend roles out there and a lot of wives and a lot of supporting roles that are less interesting than Katniss."

"I hope that she gets to play Katniss-level roles for ever and ever. They're rare, and I think with this movie, (and) *Gravity* — I'm so excited to be seeing such amazing, strong female role models in the movies for the 50 per cent of the moviegoers who are ladies."



## The new director

*Catching Fire* finds a new man behind the camera, with Francis Lawrence taking over for Gary Ross.

"One of the things that I wanted to make sure of was that there was still an

esthetic unity to all of the movies," he says. "I thought Gary did an amazing job with the world-building in *The Hunger Games*, so we worked with the same production designer to make sure that the Capitol was still built from the same architecture, that District 12 still had the same almost 1930s Appalachia feel."

## Meet the new kids

**New face:** Finnick Odair (played by Sam Claflin)

**Who he is:** An attractive and agile former contestant not above using his looks to get what he wants.

**Downside of popularity:** "As much as there was a fair bit of negativity when I was cast initially, I think now a few people have been turned, and my goal is to obviously turn the world. That's what Finnick's goal is, as well, so I guess



that I have that in common with him," says Claflin. "Approaching a character that is described as some kind of god was kind of tough, to say the very least. I had to go through some huge physical transformations, (including) a shaved chest."



**New face:** Johanna Mason (played by Jenna Malone)

**Who she is:** An ax-wielding loose-cannon of a *Hunger Games* victor with a flair for the dramatic.

**What makes her special:** "What I thought was so amazing about Johanna Mason is

that she doesn't sugar-coat and she is hard core and truthful and violent and angry, and all of those things are not just cool aspects of her," says Malone.

"I don't really think there's anything that's (just for the sake of being) a badass thing. I think it's actually a survival technique, and I think that's a really interesting thing to talk about for young women; to understand that they can take on tools and personality traits that may not be their own, but they can use them in forms of survival to be able to sort of elevate themselves in the world."

## Talk about a revolution

**Donald Sutherland and Jeffrey Wright discuss the movie's politics:**

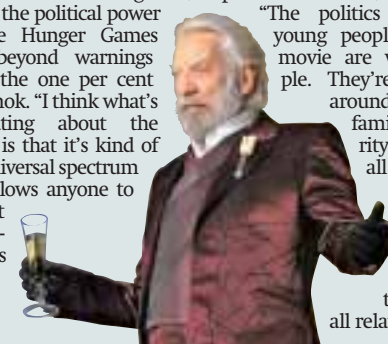
*The Hunger Games* is entertainment, sure, but there are some interesting political messages buried in there for young audiences. And for Donald Sutherland, who co-stars as the villainous President Snow, that was the real appeal. "It was essential for me personally that I somehow found my way to become a part of this because it more clearly represents the dangers of an oligarchy of the privileged than anything I've seen

for a long, long time," he says.

Jeffrey Wright, who joins the series in *Catching Fire*, thinks the political power of *The Hunger Games* goes beyond warnings about the one per cent run amok. "I think what's fascinating about the movie is that it's kind of this universal spectrum that allows anyone to insert themselves into the world

and really express their own perspective and their own politics within it," he says.

"The politics for the young people in the movie are very simple. They're politics around hope, family, security, love and all of these very simple, universal themes that we all relate to."



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# A new poised, mature Jennifer Lawrence? Not likely

## Celeb department.

The Hunger Games star really meant to be less goofy this time around, but as she tells Metro, it's not working out



**NED EHRBAR**  
ned.ehrbar@metro.lu

### I love the haircut.

Thank you. I know, I'm like a cat back from the groomers where I'm so insecure. I need as much positive reinforcement as I can get.

**As soon as something went up about your haircut, someone online chimed in with, "It must be a wig."**

Yeah, I know. That's just how it works. The most important thing is to not read it, Jennifer! I'm really good at it. The only time that it does happen is when I'm with friends. I have two friends that are avid

Googlers. They basically do what I would do if I didn't have the self-esteem. They're like, "What is everybody saying about Jennifer?" It's sweet; they care.

When my Dior photos came out, I hadn't seen them so they looked them up on whatever website with all these comments, and I saw the comments and I was like,

"I can't stop myself!" I started scrolling and it was like, "She's so conceited!" "She's a pig and I hope she dies!"

**Can I tell you the most ridiculous thing I've read about you?**  
Yes!

**There was this inside Hollywood post on Reddit where**

**someone wrote, "Jennifer Lawrence employs a professional joke-writer."**

Employs a professional joke-writer? Oh my God, that is my biggest fear with this new (Hunger Games movie), because we're doing (press junkets) again.

Last night I was laying in bed going, "Everybody's obviously going to get sick of it,

the goofy, crazy (stuff). It was maybe funny for one season, but if it just continues everybody's going to be like, 'OK, calm down.' So I, like, tried to make a conscious effort to be poised and mature this time around. I was like, "I have to change myself."

**How's that working out?**  
It's not. But I just have this

thought that everybody's going to think it was perfectly planned. That actually goes into my nightmares. If I had read that, I would've been like, 'Oh my God, how do I prove that it's not true?'

But it will exhaust me. I'm so anxious and high-strung, and I'm such a worrier anyway that I've gotten good about making a wall of the things that I can't (deal with). I'm like, "I can't even begin to worry about you right now. I'm already worried about cancer."



**Jennifer Lawrence reprises her role as Katniss Everdeen in The Hunger Games: Catching Fire.** CONTRIBUTED

**THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 15 TO THURS., NOV. 21 TIMES ARE SUBJECT TO CHANGE.**

### Mustang Drive-In - London 2551 Wilton Grove Rd.

Escape Plan (14A) Fri-Sun 9:15 Tue 9:15

The Hunger Games: Catching Fire (PG) Thu 8

Jackass Presents: Bad Grandpa (14A) Fri-Sun 9:35 Tue 9:35 Thu 9:35

Last Vegas (PG) Fri-Sun 7:30 Tue 7:30 Thu 10:30

No Films Showing Today (STC) Mon Wed

Thor: The Dark World (PG) Fri-Sun 7:35 Tue 7:35 Thu 7:35

### Hyland Cinema 240 Wharnclyffe Road South

Enough Said (PG) Fri 1 Sat 3-7 Sun-Mon 3 Tue 9 Wed 1-7 Thu 3

Short Term 12 (14A) Fri-Sat 7 Sun 5 Mon 1 Tue 3 Wed 9 Thu 5

Thanks for Sharing (18A) Fri 3-9 Sat 9 Sun 8:45 Mon 6:45 Tue 5 Wed 3 Thu 8:45

Watermark (G) Fri 5:10 Sat 1 Sun 1-7 Mon 5 Tue 1-7:10 Wed 5:10 Thu 1-7

### Rainbow Cinemas London 355 Wellington St.

About Time (14A) Fri-Thu 12:55-3:40-6:55-9:30

Captain Phillips (14A) Fri-Wed 6:50-9:30 Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 1:15-3:30

Ender's Game (PG) Fri-Thu 1:20-3:45-7:10-9:40

Free Birds (G) Fri-Thu 1:3-25-7-9:20 The Hunger Games (14A) Thu 7

The Hunger Games: Catching Fire (PG) Thu 9:45

Jackass Presents: Bad Grandpa (14A) Fri-Thu 1:10-3:20-7:20-9:25

Last Vegas (PG) Fri-Thu 12:50-3:35-7:05-9:35

Thor: The Dark World (PG) Fri-Thu 1:05-

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### Western Film Room 340, UCC Building, Argo (14A) Fri-Thu 9:50

Prisoners (14A) Fri-Thu 7

We're the Millers (14A) Fri-Thu 10 5

### Wellington 8 Cinemas 983 Wellington Rd. S,

Captain Phillips (14A) Fri 6:45-9:45 Sat-Sun 12:40-3:40-6:45-9:45 Mon-Thu 5:10-8:10

The Counselor (14A) Fri 6:30-9:30 Sat-Sun 12:50-3:35-6:30-9:30 Mon-Wed 5:40-8:15

Ender's Game (PG) Fri 7-9:40 Sat-Sun 12:45-3:30-7-9:40 Mon-Thu 5:25-8:05

Free Birds (G) Fri 6:40 Sat-Sun 1:10-6:40 Mon-Thu 5:15

Free Birds 3D (G) Fri 9:20 Sat-Sun 3:50-9:20 Mon-Thu 7:40

The Hunger Games: Catching Fire (PG) Thu 8:15

Jackass Presents: Bad Grandpa (14A) Fri

7:20-10 Sat-Sun 1:30-4:15-7:20-10 Mon-Thu 5:30-7:50

Last Vegas (PG) Fri 7:15-9:55 Sat-Sun 1:20-4-7:15-9:55 Mon-Thu 5:45-8:25

Thor: The Dark World (PG) Fri 7:10-10:10 Sat-Sun 1-4:10-7:10-10:10 Mon-Thu 5-8

Thor: The Dark World 3D (PG) Fri 6:50-9:50 Sat-Sun 12:30-3:45-6:50-9:50 Mon-Thu 5:20-8:20

### Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South

12 Years a Slave (14A) Fri 4:05-6:40-10:05 Sat-Sun 2:15-3:40-6:40-10:05 Mon 7:30

Tue 4:05-6:40-10:05 Wed-Thu 7:30 About Time (14A) Fri 4-7-10 Sat-Sun 1-4-7-10 Mon 6:50-9:45 Tue 4-7-10 Wed-Thu 6:50-9:45 Star & Strollers Screening Wed 1

Captain Phillips (14A) Fri-Tue 9:30 Wed 1:10-9:30

Ender's Game (PG) Fri 4:40-7:30-10:20 Sat-Sun 1:50-4:40-7:30-10:20 Mon 9:50

Tue 4:40-7:30-10:20 Wed 7-9:50

An Evening With Crystal Pite (STC) Sun 12:55

Free Birds (G) Sat-Sun 12:30 Free Birds 3D (G) Fri 5-7:15 Sat-Sun 2:45-5-7:15 Mon 7 Tue 5-7:15 Wed 7

Gravity 3D (PG) Fri 5:25-7:50-10:10 Sat-Sun 12:40-3:05-5:25-7:50-10:10 Mon 7:20-9:40 Tue 5:25-7:50-10:10 Wed-Thu 7:20-9:40

The Hunger Games: Catching Fire (PG) Thu 8:45 Thu 8:30

Jackass Presents: Bad Grandpa (14A) Fri 5:40-8-10:25 Sat 1:05-3:20-5:40-8-10:25 Sun 3:20-5:40-8-10:25 Mon 7:30-10 Tue 5:40-8-10:25 Wed-Thu 7:30-10

Last Vegas (PG) Fri 4:20-7:10-9:50 Sat-Sun 1:40-4:20-7:10-9:50 Mon 6:40-9:15 Tue 4:20-7:10-9:50 Wed 1:20-6:40-9:15 Thu 6:40-9:15 Fri 3:50-7:40-10:25 Sat-Sun 1:10-5:15-7:40-10:25 Mon 8:30 Tue 3:50-7:40-10:25 Wed 8:30

Rush Clockwork Angels Tour (PG) Mon 7:30

Thor: The Dark World (PG) Fri 3:45 Sat-Sun 12:50-3:45 Tue 3:45 Star & Strollers

Screening, Wed 1

Thor: The Dark World 3D (PG) Fri-Sun 6:50-9:45 Mon 6:30-9:20 Tue 6:50-9:45 Wed 6:30-9:20 Thu 6:30-7:10-9:20-9:55

Fri 4:50-7:40-10:30 Sat 2-4:50-7:40-10:30 Sun 2-4:50-7:40-10:25 Mon 7:10-9:55

Tue 4:50-7:40-10:30 Wed 1:30-7:10-9:55 Fri 4:30-7:10-9:40 Sat-Sun 1:45-4:30-7:10-9:40 Mon 8 Tue 4:30-7:10-9:40

Wed-Thu 8 5

**SilverCity London  
1680 Richmond St**

12 Years a Slave (14A) Fri 1:45-4:45-7:45-10:40 Sat 1:15-4:50-7:50-10:50 Sun 12:45-4-7:10-10:15 Mon 1:20-4:25-7:05-10:15

Tue 1-4-7:05-10:15 Wed 4-7:05-10:15 Thu 1-4-7:05-10:15 Star & Strollers Screening Wed 1

Captain Phillips (14A) Fri 1:20-4:20-7:30-10:30 Sat 4:25-7:25-10:25 Sun 12:40-4:20-7:30-10:30 Mon-Thu 1:25-4:20-7:35-10:30

Cloudy With a Chance of Meatballs 2 (G) Fri 1:35-4 Sat 1-3:15-5:30 Sun 12:50-3:10 Mon-Thu 1:30-3:50

Ender's Game (PG) Fri 1:50-4:55-8:05-10:45 Sat 12:15-2:55-5:30-8:05-10:45 Sun 1:15-4:25-7:25-10:20 Mon-Thu 1:20-4:25-7:25-10:20

Ender's Game: The IMAX Experience (PG) Fri 1:05 Sat 12:10 Sun-Thu 1:10

Escape Plan (14A) Fri 7:05-10:10 Sat 7:45-10:25 Sun 7:05-10:10 Mon 10:10 Tue 7:30-10:10 Wed 10:10

Free Birds (G) Fri 1:10 Sat 12:30 Sun 12:35 Mon-Thu 1:05

Free Birds 3D (G) Fri 3:30-5:50-8:10-10:25 Sat 2:55-5:15-7:35-10 Sun 3-5:20-7:35-10 Mon-Wed 3:30-5:50-8:05-10:20

Thu 3:20

Gravity 3D (PG) Fri 1:10-3:30-5:50-8:05-10:35 Sat 1:10-3:30-5:50-8:05-10:40 Sun 1:05-3:25-5:45-8-10:30 Mon-Tue 1:10-3:25-5:45-8-10:30 Wed 1:10-3:25-5:45-7:55-10:30 Thu 1:10-3:25-5:40-7:55-10:30

The Hunger Games: Catching Fire (PG) Thu 8-8:30

The Hunger Games: Catching Fire — The IMAX Experience (PG) Thu 8

Jackass Presents: Bad Grandpa (14A) Fri 1:25-3:45-6-8:20-10:40 Sat 1:25-3:45-6-8:15-10:40 Sun 1:15-3:35-5:50-8:10-10:25

Mon-Tue 1:35-3:50-6-8:15-10:25 Wed 1:35-3:50-7:30-10:25 Thu 1:35-3:50-6-8:15-10:25

Last Vegas (PG) Fri 1:35-4:10-7:15-10:05 Sat 12:25-3-5:35-8:10-10:45

Sun 12:30-3:05-7:15-10:05 Mon-Tue 1-3:45-7:15-10:05 Wed 3:45-7:15-10:05

Thu 1-3:45-7:15-10:05 Star & Strollers Screening Wed 1

The Metropolitan Opera: Eugene Onegin - Encore (STC) Sat 12

Rush Clockwork Angels Tour (PG) Mon 7:30

Thor: The Dark World (PG) Fri 1:15-4:15-7:05-10:15 Sat 1-4:15-7:05-10:15

Sun-Thu 1:15-4:15-7:05-9:50

Thor: The Dark World — An IMAX 3D Experience (PG) Fri 4-7-9:45 Sat 2:45-5:20-7:55-10:35 Sun-Wed 4-7-9:45 Thu 4

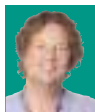
Thor: The Dark World 3D (PG) Fri 1-1:45-4:05-4:45-7:25-7:35-10:20-10:30

Sat 12:45-1:30-4:05-4:45-7:25-7:40-10:20-10:30 Sun-Thu 12:55-1:45-4:05-4:45-7:25-7:40-10:15-10:25



# Meanwhile in Europe

A polished-up formerly-lost Peter Gabriel track, lots of talented banging from Rakede and the Russian Police Choir's Daft Punk cover



**SOUND CHECK**  
Alan Cross  
scene@metronews.ca

## Courage/Peter Gabriel

While this formerly lost track turned up on the 25th anniversary reissue of the So album last year, it's now been refurbished, added to and remixed. Welcome back to 1986

**Courage**

## Bitte Bitte/Rakede

A totally acoustic performance involving a German band, six beer bottles and lots of banging on a wooden table. The best bit comes when one guy sucks in some helium for his vocal



## Get Lucky/Russian Police Choir

A rehearsal for a Kremlin concert features a Daft Punk song and was posted on YouTube. They win the Internet this week.



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## The Beatles. CBS to run 50th anniversary special for band's U.S. milestone



Ed Sullivan, center, stands with The Beatles during a rehearsal for the British group's first American appearance. AP PHOTO

CBS is planning a two-hour special to mark the 50th anniversary of the Beatles' groundbreaking first appearance on The Ed Sullivan Show.

The Feb. 9 special will be billed as a Grammy Awards salute to the Beatles. It will be recorded the day after the Grammys are held two weeks earlier. Top contemporary artists will cover

songs the Beatles performed on Sullivan, a historic night in music that launched Beatlemania in the United States.

The special will be aired 50 years to the day the Beatles appeared on Sullivan, in the same time slot and on the same network.

No participating artists were announced Thursday.

**THE ASSOCIATED PRESS**

## Video Game Review

**Knack**

System. PS4

Rated. Everyone 10+

• • • • •

The first game for the new PlayStation 4, Knack is a hero who changes size as he absorbs rocks, crystals, and other materials around him. This keeps you on your toes, always adapting for when he's nimble-yet-weak as a little guy, or capable of Godzilla-like rampages when he's a giant. Crystals make him stealthy, but ice will melt



him in sunlight, and each transformation is a chance to show off the PS4's vibrant, graphics. The family-friendly characters could use more charm, but the game is clever and rewarding.

**KRIS ABEL/METRO**



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



### Your honour, I never cuddled with that woman!

PAT HEALY  
Metro World News

Alec Baldwin can sleep easier at night knowing his stalker is behind bars.

On Thursday, a New York City judge found Canadian actress Genevieve Sabourin, 41, guilty of stalking, attempted aggravated harassment, harassment and attempted contempt of court. She was sentenced to six months in jail.

The trial was dramatic, even by New York City

standards. The two did seem to have some history: Baldwin admitted on the stand he had dinner with Sabourin three years ago at an Upper East Side restaurant but said it was to give her "career advice." She claims that afterwards, the two had sex and then "cuddled," which the 30 Rock actor denies (both the sex and cuddling). Baldwin allegedly said, "I make the best omelettes in the world and I'd be happy to make you omelettes every morning for the rest of your life." He also promised her a trip to meet Richard Gere. Hello single girl fairy tale! But then once he met his current wife, Hilaria, the fairy tale ended. And that's when her stalking began, with frantic calls, emails and even uninvited appearances at his house.

## Twitter



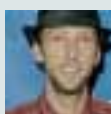
@TomArnold

What are the ethics on this?: You tweet something incredibly inappropriate but you delete it a couple hours later. It never happened, right?



@mindykaling

I love cornbread so much I wish that my nickname was Cornbread



@joeldavidmoore

Why do I feel like I have 10 lbs of coke in the trunk and just ran over a nursery every time a cop is behind me.

## Comparing part-prep to military life? Don't say hi to your mother for me!

While Mark Wahlberg plays a Navy SEAL in his latest film, Lone Survivor, he wants to make it very, very clear that his training for the film pales in comparison to being an actual SEAL.

"For actors to sit there and talk about, 'Oh, I went to SEAL training? I don't

give a f— what you did," he said during a post-screening Q&A in Los Angeles. "You don't do what these guys did. For somebody to sit there and say my job was as difficult as being in the military? How f—ing dare you, while you sit in a makeup chair for two hours."



Mark Wahlberg. ALL PHOTOS GETTY IMAGES

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# Holiday gift guide

## Tech the halls

Toys that will tickle the toddlers on your list

**MIKE YAWNEY**  
For Metro

Children's toys are getting much more high-tech. Watch your little one's eyes light up in delight when they unwrap these gifts this holiday season.

### Furby Boom — \$59.97

This hot new toy has even more personality than previous models. Expect more interaction, emotions, plus new artificial intelligence. A polished new iOS and Android companion app will have kids feeding their Furby, playing games with them and looking after virtual baby Furbies. Warning to parents — you may need earplugs since Furby talks ... a lot.

### Sphero 2.0 — \$129.99

A robotic ball you control with

your Android or iOS device. With speeds at seven-feet-per-second, Sphero 2.0 is great for pulling off stunts around the house or outside. Internal lights illuminate the ball as it rolls, plus a wide variety of games can be downloaded to your device, making sure the fun never ends. Add the "nubby" skin to give it even more grip.

### Hasbro Zapped Games — various prices

Bring the family together with a new twist on classic board games. Place your iOS device in the middle of the board and watch as the games come to life. Stuck in jail in Monopoly? Play a mini-game to get out for free. Games include Monopoly, The Game of Life, Battleship and many more.

### Nintendo 2DS — \$129.99

The newest member of Nintendo's hand-held family. All the features of the 3DS minus the 3D viewing. The new f o r m



write while having fun. When the pen is used alongside special LeapReader books (sold separately), it can sound out letters, words, and teach children to form letters and numbers with stroke-by-stroke guidance.

### Dice+ — \$39.99

A cool way to enjoy digital versions of board games without losing the pleasure of throwing dice. This digital die works with interactive board games on your Android or iOS tablet. Roll the Dice+ and watch as the result is sent directly to the game. The best part? No cheating.

### Laser Pegs — various prices

Plastic building blocks that light up. Each plastic piece contains a tiny LED light that feeds the next with a low-voltage current, letting you create amazing light up creations. Purchase building sets or make your own creations.

### iHeart Diary Electronic Locket — \$24.99

A great gift for young writers. This electronic locket sends a secret digital code to your iPad to unlock the diary app. Add pictures, drawings and memories, or speak directly into the locket and have it record your notes for you. There is also a button to erase all personal content, just in case.

own case. Available in a variety of colours.

### Nerf Firevision — \$19.99 and up

Play football in the dark. This football contains micro-prism technology that glows in the dark when kids wear the special Firevision frames. The glow can be seen from more than 100 feet away. No charging required. A Firevision Flyer Disc and hyper Bounce Ball are also available.

### LeapReader — \$59.99

Give the gift of learning. This electronic pen will help your youngster learn to read and

factor doesn't fold like the original, but it's still great for gaming on the go. Compatible with all existing 3DS titles.

### Philips Friends of Hue Lightstrips — \$89.95

Are your kids afraid of the dark? Stick these lightstrips under their bed or in their bedroom to give a soft glow at night. Pick from one of more than 16 million colours and control the brightness using the app designed for your iOS device (requires Philips Hue Bridge accessory).

### Belkin Lego Builder Case for iPod — \$29.99

A protective case for your child's iPod with a twist. The back contains a Lego base plate, allowing your child to add pieces, customizing their



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## 13" MacBook

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## Lenovo E531 Business Class Notebook

• Intel Core i3/4GB/320GB  
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1 Year Warranty



## Samsung Galaxy 3 - 7"

• 1.2 Ghz Dual/1G DDR3/ 8G  
• Android Jelly Bean 4.1

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## Extreme Custom PC

• Intel Core i7 Quad Core - 3.4 GHz/16 GB DDR3/1 TB/DVD Burner  
• MSI GeForce GTX650 2GB DDR5 Graphics  
• Window 7 Professional

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## Acer Veriton Desktop

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Warranty Included



## HP DC7700 Desktop

• Core 2 Duo 2.1 GHz/2GB/500GB/DVD Burner  
• Windows 7 HP

**\$199<sup>99</sup>**

OFF LEASE  
Warranty Included



## Ultra Custom PC

• AMD 3.6 GHz Dual Core/4 GB DDR3/500GB/ DVD Burner  
• Window 7 HP

**\$499<sup>99</sup>**

1 Year Warranty



## Platinum Custom PC

• Intel Core i5 Quad Core  
• 3.0 GHz/8 GB DDR3/ 500GB/DVD Burner  
• Window 7 HP

**\$699<sup>99</sup>**

1 Year Warranty



## Manhattan Widescreen HD Web Cam

**\$29<sup>99</sup>**



## Samsung 120GB SSD Hard Drive

Hard Drive

**\$80<sup>00</sup>**



## Seagate Backup Plus

500GB External Portable Hard Drive

**\$59<sup>99</sup>**



## McAfee Antivirus Plus 2013

Single User

**\$8<sup>00</sup>**



## Microsoft Office Home & Student 2013

Word/Excel/Power Point/ One Note

**\$119<sup>99</sup>**



## Spider Podium Tablet Stand

**\$24<sup>99</sup>**



## Manhattan PC to TV Converter

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**\$39<sup>99</sup>**



## Sata/IDE to USB 2.0 Adapter

**\$19<sup>99</sup>**



## Mini 3 in 1 Charger Kit

For all Smart Phones

**\$14<sup>99</sup>**



## LCD Wall Mount

23" to 37" Screens

**\$14<sup>99</sup>**



## Smart Case

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# Lending a helping hand

**Free time.** There are myriad ways to contribute your time and resources during the holidays



JANE  
DOUCET  
For Metro

When the holidays roll around, many Canadians are facing several days off work and wondering what to do with their free time after the festivities are over.

How about lending a helping hand?

"The holiday season is a great time to reflect on a volunteer effort that you might like to begin now and continue to do throughout the year," said Paula Speevak-Sladowski, the director of programs, policy and applied research at Volunteer Canada.

If you were thinking about serving a meal at a homeless shelter, walking dogs for an animal rescue group or sing-

ing carols at a seniors' home, don't wait until the last minute to sign up.

"Each organization has a volunteer screening process that can sometimes take weeks to complete," Speevak-Sladowski said. "To avoid being disappointed, make your inquiries early."

So what are some common volunteer needs around the holidays? During the winter many adults and kids need warm clothing, so you can either donate coats, snowsuits, boots, gloves and hats that you no longer wear from your own closet or join a local group that collects and distributes them.

Food banks also hold drives at this time of year — you can donate money in person or online or buy non-per-



Since there is a need for warm clothing in the winter, you may want to join a local group that collects and distributes clothing. MANGOSTOCK/SHUTTERSTOCK

ishable goods to help stock the shelves.

The most important factor is to figure out what you have to offer, then find somewhere that can use your talent. If you are crafty, you could make and drop off decorations at a seniors' residence.

If you like to knit, you could join a knitting group that donates hats and mittens to a children's hospital gift shop.

There are myriad ways to contribute your time and resources.

"You can volunteer as an individual, as a family, at

your workplace, in a school or with an organization," Speevak-Sladowski said.

If you aren't sure where to start, two helpful websites are [volunteer.ca](http://volunteer.ca) and [getinvolved.ca](http://getinvolved.ca).

And don't worry if you aren't keen on your volun-

teering effort the first time you try it.

"If you didn't have the experience you were hoping for, keep looking until you find the right fit," Speevak-Sladowski said. "When everyone's needs are met, volunteering benefits everyone."



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picked up at the Information booth.



# Page turners and toe tappers

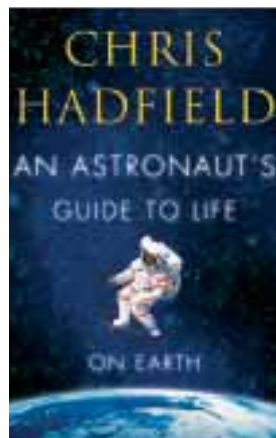


## Chris Hadfield

Canadian astronaut Chris Hadfield, who is famous around the world for singing David Bowie's Space Oddity from space, provides a view from the ground in *An Astronaut's Guide to Life on Earth*. The now retired commander of the International Space Station shares stories about his life as an astronaut. \$32 at Indigo.ca.

## Craig and Marc Kielburger

Brothers and founders of Free the Children, Craig and Marc Kielburger spoke to more than 70 world leaders, pop cultural icons and social activists for the heartfelt stories — and captivating images — in their new book, *The Power of We Day: Moving the World from Me to We*.



\$29.95 in bookstores, including Amazon.ca, Indigo.ca, and metowe.com/shop.

## Suzanne Collins

Told in the voice of 16-year-old Katniss Everdeen, this extraordinary sci-fi trilogy by Suzanne Collins is set in the post-apocalyptic nation of Panem. Written for teens but popular with all ages, at the centre of the books are *The Hunger Games*, which pit child participants against each other in a reality TV show — the last one standing is the winner. *The Hunger Games*, *Catching Fire*, and *Mockingjay* in box set, about \$40, Scholastic.com and other stores.

## The Beatles

Beatles On Air — Live At The BBC Volume 2 (2 CD). Beatles fans will love this new collection, featuring 63

tracks recorded for BBC programs between 1963 and 1964. It includes 37 previously unreleased performances and 23 tracks of "lively studio banter." \$21.95, Amazon.ca.

## Arcade Fire

*Reflektor* is a departure for Arcade Fire, according to Billboard, which describes the music as more visceral and groove-based than the band's usual soaring sounds. \$17.08 at Amazon.ca.

## Katy Perry

*Prism* is Katy Perry's fourth album, and it was largely inspired by Swedish dance music artists. \$12.99 at hmv. For a location near you, visit hmv.ca. Digital edition available at store.inmyvault.com.

## Eminem

For *The Marshall Mathers LP 2*, rapper Eminem invited Rihanna, rapper Kendrick Lamar and Fun frontman Nate Ruess to perform. \$12.99 at hmv. For a location near you visit hmv.ca. Digital edition available at store.inmyvault.com.

## Celine Dion

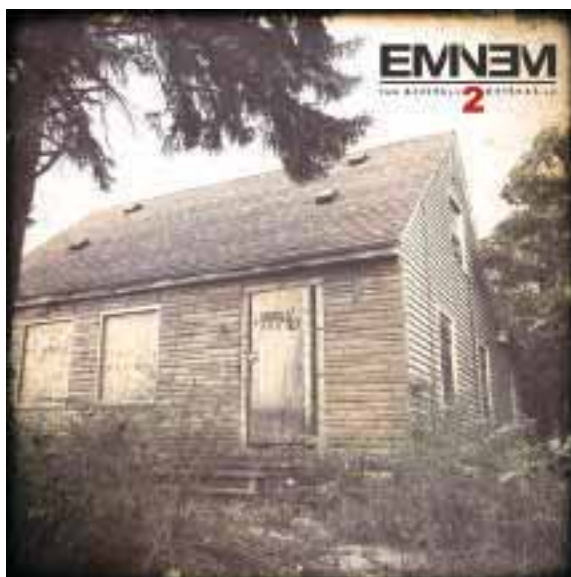
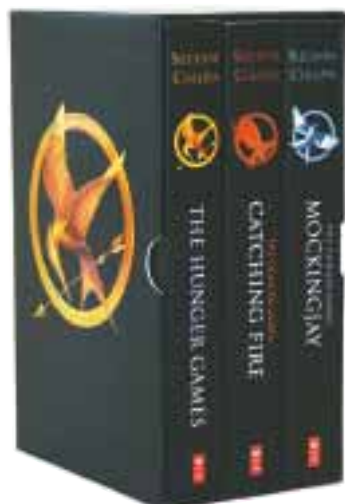
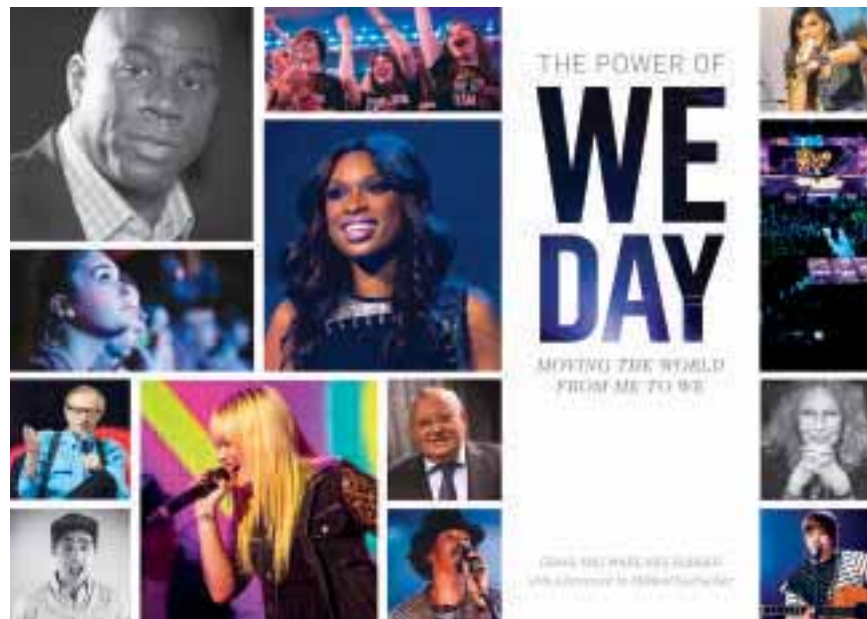
After six years, Celine Dion has finally released another English album, *Loved Me Back to Life*. \$12.99 Amazon.ca.

## Vinyl

Is your teen into vinyl records? Wrap up a turntable from Walmart, \$98.

## Gifting with iTunes

Online shoppers can send an Apple Store gift by opening iTunes, clicking iTunes Store, selecting a paid app, song,





# Be appy when shopping for holiday gifts

**Assistance.** Use your mobile device to find deals and streamline your gift buying



MICHELLE WILLIAMS  
For Metro

Check out some of the cool apps recommended by Canadian tech blogger and app aficionado Pauline Grant, which you are sure to find helpful this season.

## Looking for deals?

**App:** RedFlagDeals  
**Available on:** iTunes  
**How it helps:** Canadian deal site that features deals near you, coupons, flyers and access to its forums.  
**Cost:** Free  
**Why you will love it:** Access to tons of info.

## Looking to streamline your online shopping?

**App:** CardStar  
**Available on:** All platforms

(iPhone, Android, Blackberry, Windows Phone, Nokia).

**How it helps:** Consolidates all your loyalty cards in one app to avoid the dreaded wallet overload.

**Cost:** Free

**Why you will love it:** Handy for quick online shopping — you are less likely to get frustrated looking for a loyalty card.

## Looking to track gift-giving lists and budgets?

**App:** mGifts  
**Available on:** iTunes (iPhone, iPad)  
**How it helps:** Fully-customizable gift list and budget tracking capabilities for holidays and all year. Organize gift lists by groups (e.g., family, co-workers) and track the status of a gift from idea to purchase to wrapped to given.  
**Cost:** \$4.99 (occasionally on sale for less)  
**Why you will love it:** Password protected so gift ideas are for your eyes only. Bonus — it syncs to iCloud, making data available on multiple devices.



Mobile devices can help you find deals and streamline your holiday shopping. MJTH/SHUTTERSTOCK

**App:** Gifted  
**Available on:** Android devices  
**How it helps:** Flexible, customizable app to keep track of gifts, gift ideas and im-

portant events for your contacts during holidays and year round.

**Cost:** Free  
**Why you will love it:** Scans a barcode to the list and takes

pictures of gifts. Gifts also protected by a pass code.

## Looking for favourite retailer apps?

**App:** Amazon Mobile

**Available on:** iPhone, iPad, Android, Android Tablet, Windows Phone

**Cost:** Free

**Why you will love it:** Easy access to find a gift recipient's wish list, read reviews and make quick purchases from amazon.ca.

**App:** Canadian Tire  
**Available on:** iPhone, iPad, Android, Blackberry

**Cost:** Free

**Why you will love it:** Exclusive early access to the weekly flyer, which has a great functionality to add items to a shopping list and check inventory at nearby stores.

**App:** Indigo  
**Available on:** iPhone, iPod Touch, Android

**Cost:** Free

**Why you will love it:** Convenient scan feature to scan a product bar code and buy it directly in the app, shipping it to your home or to someone as a gift. Quick access to gift card and reward cards for in-store purchases.

## Top toy websites

Here is a list of websites that have put together their own list of top Christmas toys.

- **Fat Brain Toys** — As the name implies, this site specializes in educational toys. But, of course, these are really fun and cool toys that are also helpful to intellectual development. In other words, kids love them.
- **Amazon** — Amazon has extensive information on what people are buying. It provides several different lists of toys, such as

the "Amazon.com 2013 Holiday Toy List: The Hot-test Gifts for Kids" and the "Most Gifted Items in Toys and Games" list.

- **Squidoo Lens** — This site has toy ideas in 12 separate categories. If you know the type of toy you want to buy, such as remote-control toys or construction sets, this site will take you to a list of the top toys of that kind.
- **The Telegraph UK** — This site has an intriguing list of toys, including an

interesting prediction of what will be the No. 1 Christmas toy this year.

- **Christmas Toy Site 2013** — This is an enjoyable site with a lot of content, so if you want more information, or reviews of products, this is a great resource.
- **Examiner** — This site helpfully lists the toy of the year in 14 different categories, such as activity toy, preschool toy, and girl toy.

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# THE JOURNEY OF A LIFETIME

## PLAN CANADA'S GIFTS OF HOPE

When Jillian Mojeski travelled 11,000 kilometres to Rwanda, she learned that changing the world can be as easy as giving a Gift of Hope.

She and her colleagues at Klick Health had donated gifts of livestock through Plan Canada's Gifts of Hope, and those animals were given to families in some of the world's poorest countries to help create self-sufficiency and grow community cooperatives.

"It's so easy to give and my small donation made such a huge difference," Mojeski says about the impact of her gift.

Mojeski made the journey to rural villages to see the community development projects made possible by contributions from both her and her colleagues. She met schoolchildren eager to learn in safe, hygienic schools, and young women and men learning plumbing and construction at vocational training centres. She talked with pig co-operative farmers and families thrilled to have clean water thanks to the generosity of Mojeski and other donors.

"There's such a sense of pride," Mojeski says. "People are really excited to demonstrate projects your donations funded. It was an opportunity to shake someone's hand and close the loop in the contribution."

Mojeski is one of thousands of Canadians who will choose to give Gifts of Hope this holiday season. When you buy a Gift of Hope, your contribution supports real projects — like livestock co-operatives, clean water and education projects — in the communities where Plan Canada works, and these gifts change real lives.

"Sitting at your computer, clicking yes, thinking you are making a difference — it's not even close to the experience of seeing the actual impact for yourself," Mojeski says. "Now I realize that a small donation of an animal represents more than just food or a business opportunity.

## MATCHED GIFTS

Thanks to Plan Canada's partners, your donations will go even further. Look for "Matched" gifts at [plangifts.com](http://plangifts.com).



Jillian Mojeski visits with schoolchildren at a rural primary school in Rwanda.



Muteteri Ancille, a member of Rwanda's Abakoranabushake pig co-operative, proudly shows visitors how their donations have made a difference.

CONTRIBUTED PHOTOS

A pig co-operative can empower an entire community."

Plan Canada works with children and communities in 69 countries around the globe, helping them to create a better life and a better future for their children.

"In rural communities, livestock is often the first step to household economic security," says Sangita Patel, Plan Canada's director of program management. "It starts with families selling things like eggs or milk. With extra cash, mothers can better care for their families. There's money for more nutritious food, medicine and school supplies. Young women in some communities have formed co-operatives with livestock, creating leadership opportunities, increasing their confidence and self-esteem."

This holiday season, generous Canadians can make a profound difference for children and communities around the

world. There are more than 40 Gifts of Hope that support international development programs. Projects in the areas of livestock, education, health, water and livelihood help families break the cycle of poverty and open up new opportunities for their children.

You can also support Plan Canada's Because I am a Girl initiative by choosing from 15 gifts that support the rights of girls. By purchasing these gifts, you are supporting the work Plan Canada does that directly benefits girls and women.

"The Gifts of Hope program is perfect for the holiday season," Mojeski says. "Rather than giving a gift that will just end up in the closet a few weeks later, you can give a meaningful gift that will change the lives of the people who need it most."

A Gift of Hope gives to both the giver and the recipient. A gift can help teach

## GIFTS FOR ALL

Create change with more than 40 Gifts of Hope, starting at just \$10. With 26 matched gifts and 15 Because I am a Girl gifts, there is something for everyone on your list. Every Gift of Hope purchase comes with a free greeting card, e-card or PDF card to give to your recipient.

Shop online at [plangifts.com](http://plangifts.com).

Top gifts this year include:

- Bed nets (\$10)
- Girls' take-home rations (\$25)
- Clean water for families (\$75)
- Goats (\$75, \$775 a herd)
- Two pigs (\$90)
- Literacy training for two women (\$120)
- Girl's scholarship (\$295)

and nurture philanthropy in children, create global awareness and remind us all that the greatest joy lies not in receiving but in giving.

During her trip, Plan Canada's Gifts of Hope program exposed Mojeski to both personal and global change. The experience opened her eyes to the value of sharing what we have to improve the lives of others.

"I will be involved with Plan Canada for the rest of my life," she says. "With Gifts of Hope, you're empowering people to change their lives and that really is a gift of love."

— Heather Beaumont





# Think outside the gift box

**Why a goat?** When you give a goat, you provide a family in a developing country with nourishment, the makings of a family business, and a new future. Gifts of Hope are real gifts to real projects that change real lives.

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Founded in 1937, Plan is one of the world's oldest and largest charities working to end global poverty. Inclusive of all faiths and cultures, Plan has only one purpose: to improve the lives of children.



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# HELP THOSE STRUGGLING WITH ADDICTIONS

When struggling with addiction, sobriety can seem like an overwhelming and unreachable goal. However, recovery is never out of reach, no matter how hopeless or intimidating it seems. Change is possible with the right treatment and by addressing the root cause of the addiction.

For many addicts, addiction starts at a young age when they turn to available chemicals to escape the discomforts of everyday life. Not understanding the cause, they place blame on everyone else for their circumstances and are accountable to no one. Eventually, they lose control of their lives and substances consume them and make all their decisions for them.

All this begins to change when they enrol in Welcome Home. Welcome Home is more than just a rehab centre. It is a life-skill training centre for young men and women ages 19-34 who are committed to changing their lives.

At Welcome Home, program participants are kept productively occupied at all times. Idle time for addicts is dangerous — it leads them to thinking of justifiable reasons to give in to temptation. The structure at Welcome Home is exactly what is needed to help maintain the sole focus of recovery. Having the regiment and the daily routine helps build students into the people they are meant to become.

The daily program includes:

- Group therapy
- Physical exercise
- Vocational skills development
- Social skills development
- Leadership training
- Recreational and social activities
- Life skills training in nutrition, finance, mental wellness, healthy relationships, etc.

Through constant and consistent prac-



COLOURBOX

tice, only possible in long-term treatment, Welcome Home students gain the life skills and coping skills that were missing in life before.

Most of all, they learn that no matter what challenges come, the greatest challenge is overcoming themselves and the destructive patterns they developed in their addiction. Welcome Home pushes students beyond previous limits they set for themselves. They learn to be productive and to live fulfilling lives where using drugs is not an option. They learn to be responsible, not only for themselves, but also for others. They develop strong foundations for lives of sobriety and learn that life is worth living.

Inevitably, the road to recovery is

full of stumbling blocks, pitfalls, and setbacks. However, with effective, long-term treatment, these obstacles become opportunities in disguise and help program participants develop mentally, socially, physically, emotionally, and spiritually until they are ready to live as responsible, contributing members of society for life.

For addicts still living in addiction, know that change is possible and all is not lost.

Don't waste another day. Stop the pain. Lifelong sobriety is within reach. Be bold. Make a choice. Decide today to make the right decisions. The first decision is to get help.

For more, call Welcome Home at 1-855-592-3001 or visit [whrecovery.org](http://whrecovery.org).

## CHANGING LIVES

Welcome Home promises to provide everything that is needed to change lives. The only thing required by potential students is a commitment to change. This is made possible by generous funding from the John Volken Foundation and through donations of supporters, which make Welcome Home the most affordable long-term treatment program of its kind.

One-hundred per cent of all donations go directly to supporting Welcome Home program participants in their recovery.



CONTRIBUTED





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*I cannot thank you enough for what you have done in not only my life, but my family's as well. - Marty C.*

## Liquid Assets

### Embrace your inner pirate



**LIQUID ASSETS**  
Peter Rockwell  
@therealwineguy  
liquidassets@eastlink.ca

To sip, or not to sip: that is the question when it comes to brown spirits.

Whisky aficionados will tell you the only way to properly appreciate their chosen tippie is as far away from mix as possible. Except for seafaring scallywags, your average rum drinker is much more cocktail-oriented.

Well, we're all a pirate at heart, and rum has seen an upswing as the devoted take a pass on coke and dive into the nuances a fine cane spirit reveals right out of the bottle. It's the smaller batch, pot-still output that tastes best as a singular liquid entity.

Demerara has a reputation for being the cognac of rums. Typically dark and oak-aged, they're a sophisticated sipper, especially served over ice.

El Dorado 12 Year Old Demerara Rum (\$33.95 to \$37.99) is a blend of molasses spirit that's rested in used whisky barrels for a dozen years. The outcome is spicy and begs for contemplation. Hide it under mix if you

must, but I don't know why you'd want to.

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# One-pot chili — but hold the tomato base

**Recipe.** Flip this classic dish on its head by changing up the base sauce and go for a creamy approach to winter warmth



**ROSE REISMAN**  
For more, visit  
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This time of year is perfect for a one-pot chili dish. This variety is made without tomato sauce. A white sauce is used instead, which is creamy and delicious. You can always use leftover cooked turkey or chicken breast and top it



This Turkey and Kidney Bean Chili puts a different spin on a traditional dish. ROSE REISMAN

## Nutritional analysis

Per serving:

- Calories: 255
- Carbohydrates: 26.5 g
- Fibre: 6.4 g
- Protein: 25.4 g
- Total fat: 5.8 g
- Saturated fat: 1.7 g
- Cholesterol: 35 mg
- Sodium: 400 mg

Source: The Best of Rose Reisman (Whitecap Books) By: Rose Reisman

with whatever condiments you like.

1. Dust the turkey with flour. Sauté in 2 tsp oil just until browned on all sides (about 3 minutes). Do not cook through. Set aside.

2. Sauté the onion in 1 tsp oil for 5 minutes. Add the corn and sauté for 5 minutes until lightly browned. Add the red pepper, garlic, cumin, jalapenos and salt and pepper and sauté for 3 minutes.

3. Add 1 1/2 cups of the beans. Purée the remaining 1/2 cup with 1/2 cup of chicken stock. Add to the pot

## Ingredients

Prep time: 15 minutes  
Bake time: 33 minutes

- 12 oz diced turkey breast
- 3 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups diced onion
- 1 tsp vegetable oil
- 1 cup corn
- 3/4 cup diced red pepper
- 2 tsp chopped garlic
- 2 tsp cumin powder
- 1/2 tsp minced jalapeno

- peppers (add a few seeds for extra heat)
- pinch of salt and pepper
- 2 cups canned white cannellini beans, drained and rinsed
- 2 cups low-sodium chicken stock
- 1/2 cup grated white aged cheddar cheese

**Garnish:** chopped cilantro, grated aged orange cheddar cheese, diced tomatoes

along with the remaining stock. Cover and simmer for 15 minutes until thickened. Add the turkey and cheese

and cook for 2 minutes.

4. Garnish with cilantro, aged cheddar and tomatoes.

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# Weather the winter in a warmer home

**DIY.** With a few quick projects, you can save money on heating bills

To keep your family warm and the energy bill down this winter, invest a few hours in some small and simple DIY projects. With minimal tools or experience, it's easy to fix poor insulation or chilly drafts that normally send you running for the thermostat. Even minor improvements can help put money back in your wallet over the course of a long Canadian winter.

## **Slip on a water heater blanket**

Water heaters warm to the touch are losing heat and costing money. If a new energy efficient water heater isn't in the budget, quickly installing a blanket is an affordable way to prevent heat from escaping. Blankets for gas-fired water tanks should be installed by a

professional to avoid potential fires.

## **Install plastic window insulation**

Block out cold drafts and lock in the warm air with plastic window insulation. While many new homes have high energy efficiency windows, they're an expensive investment and are best installed in the spring or summer.

For a fast and temporary fix, plastic window insulation can go a long way in lowering your energy bill and keeping your family warm.

## **Caulk the windows**

For a more permanent fix, consider getting out the old caulking gun and resealing windows. To find out where heat is escaping, carefully move a candle around each window frame and watch for the flame to bend. Make sure to tie back curtains, blinds or anything else that could catch fire before beginning.

## **DIY Network**

- For more ideas, tune in to Family Under Construction, Tuesdays at 10 p.m. on DIY Network Canada.

Next, pick the proper caulking with the help of a local professional. Once the old caulk has been removed with a putty knife or razor blade, you're ready to start caulking.

## **Insulate with a storm door**

In the summer months, storm doors are excellent for letting in extra sunlight and increasing ventilation. In the winter, they provide an added layer of insulation and are great for locking out the cold. Most storm doors come in kits that make it easy to install in an afternoon. For the most savings, look for a door with a high energy efficiency rating.



Resealing windows with a caulking gun can help block out cold drafts. ISTOCK



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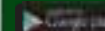


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Tigers third baseman Miguel Cabrera was named AL MVP for the second straight year on Thursday. EZRA SHAW/GETTY IMAGES

# Miggy in the money with another MVP

**MLB.** Tigers' star slugger Cabrera named AL's best again after winning another batting title in Detroit

Detroit Tigers slugger Miguel Cabrera won his second straight American League Most Valuable Player award Thursday, once again beating Angels outfielder Mike Trout by a comfortable margin.

A year after winning the Triple Crown, Cabrera came

## Million-dollar dream

# \$1M

Miguel Cabrera drew a \$1-million bonus for winning his second MVP during his current contract with the Detroit Tigers.

back to lead the majors in hitting at .348 and finish second with 44 home runs and 137 RBIs.

Cabrera got 23 of 30 first-place votes from members of the Baseball Writers' Association of America. He became the first player to win consecutive AL MVPs since Frank

Thomas for the Chicago White Sox in 1993 and 1994.

"This is unbelievable," Cabrera said in an interview on MLB Network. "I'm so excited right now."

Trout got five first-place votes and came in second. Baltimore first baseman Chris Davis, who led the majors with 53 homers and 138 RBIs, was third. Davis and Oakland third baseman Josh Donaldson each received a first-place vote.

It was Cabrera's third AL batting title in a row.

"I was so nervous because it was a great competition," he said. **THE ASSOCIATED PRESS**

## NL recipient

Pittsburgh Pirates centre fielder Andrew McCutchen won the NL MVP award.

- McCutchen received 28 of the 30 first-place votes. He hit .317 with 21 home runs and 84 RBIs.



Andrew McCutchen  
GETTY IMAGES

## OHL

## Knights win battle of 1st rounders

With the Ontario Hockey League's top two rookie scorers facing each other for their first time this season, the London Knights and Mitch Marner won the battle of first-rounders defeating the Ottawa 67's and Travis Konecny 5-3 Thursday in the nation's capital.

Marner, taken 19th overall from the Don Mills Flyers, had the winning goal and an assist and now has 20 points this season with four goals and 16 assists. Meanwhile, Konecny, drafted first overall from the Elgin-Middlesex Chiefs, had a goal and assist for the 67's and has eight goals and 14 assists for 22 points.

Marner and Konecny face each other only one more time, Feb. 21 in London.

Chris Tierney, Josh Anderson, Alex Basso and Bo Horvat, into the empty net, also scored for the Knights. Brett Gustavsen, with two, also scored for the 67's. The teams were tied at one after the first period and the 67's led 3-1 after two. London outshot the 67's 40-22.

The game Thursday was the Knights' first in a three-games-in-three-nights road trip. They play Friday in a nationally-televised game against the Frontenacs in Kingston and then Saturday in Belleville against the Bulls.

The Knights were missing forward Matt Rupert who was given a major and game misconduct last Friday in London for a late hit on Barrie Colts' Kevin Labanc.

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# Ticats' Hage has final chance in Hamilton

**CFL playoffs.** Veteran centre poised to play in first East Division final

He's a multiple all-star, been the recipient of outstanding lineman and Canadian nominations and last year was named the top centre in the Hamilton Tiger-Cats' illustrious CFL history.

But on Sunday, Marwan Hage will experience a career first: Playing in an East Division final. The Ticats face the defending-champion Toronto Argonauts at Rogers Centre with the winner advancing to the Grey Cup game in Regina on Nov. 24.

"You just have to cherish the opportunity and give it the best shot you've got every time because it might not come around for another five to 10 years," Hage said Thursday. "I can attest to that."

Hamilton's back in the East Division final for the first time since dropping a 19-3 decision to Winnipeg in 2011. But the six-foot-two, 291-pound Hage didn't play in that game due to injury.

A healthy Hage certainly enhances Hamilton's chances for success Sunday. The 32-year-old centre is responsible for calling the offensive line's blocking assignments. Hage must recognize defensive fronts and quickly figure out how to best neutralize the rush or oncoming blitz packages.

That's a challenge most games, but becomes even more difficult when facing a Toronto defence headed by Argos defensive co-ordinator Chris Jones. Jones has a well-



Ticats centre Marwan Hage is prepared to see Toronto's blitz-heavy defence in this Sunday's East Division final. GARY YOKOYAMA/TORSTAR NEWS SERVICE

earned reputation of being very imaginative in designing blitzes to pressure opposing quarterbacks.

"He's going to switch looks on you; he's going to bring blitzes from a lot of angles and put pressure with a lot of fronts and a lot of looks," Hage said. "I rely a lot on my experience and what I've seen."

"I've faced (Jones) a lot in the past. I study the tapes every time we play him but I have the utmost respect for his defence and some of the crazy stuff you see out there."

THE CANADIAN PRESS



Toronto Mayor Rob Ford arrives for work Thursday. TORSTAR NEWS SERVICE

## Argos confront Ford

**"It's an unfortunate situation for the city and I hope we all move on pretty quickly."**

Argonauts CEO Chris Rudge, on Toronto Mayor Rob Ford. The Argos had some harsh words for Ford on Thursday, after the embattled mayor used sexually graphic language on live television while wearing a Toronto Argonauts jersey.

## IndyCar

**Franchitti forced to end career early with injuries**

Three-time Indy 500 winner Dario Franchitti retired Thursday after doctors told him it is too dangerous to race with the injuries he suffered in last month's crash.

THE ASSOCIATED PRESS

## Swimming

**Phelps eyeing return for Rio?**

Michael Phelps has rejoined the U.S. drug-testing program, the strongest signal yet that he's planning a comeback for the 2016 Rio de Janeiro Olympics.

Phelps told The Associated Press on Thursday that "nothing is set in stone." THE ASSOCIATED PRESS

## NHL

**Leafs' Kadri given 3-games for head hit on Wild goalie**

Toronto Maple Leafs centre Nazem Kadri has been suspended for three games for his hit to the head of Minnesota Wild goalie Niklas Backstrom on Wednesday night.

THE CANADIAN PRESS

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	18	13	5	0	56	43	26
Boston	17	11	5	1	48	30	23
Toronto	18	11	6	1	52	42	23
Detroit	19	9	5	5	47	51	23
Montreal	19	9	8	2	49	42	20
Ottawa	18	7	7	4	53	56	18
Florida	19	4	11	4	40	66	12
Buffalo	20	4	15	1	36	63	9

#### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	18	11	7	0	51	42	22
Washington	19	10	8	1	61	55	21
NY Rangers	18	9	9	0	41	49	18
Carolina	18	7	7	4	34	49	18
New Jersey	18	6	7	5	38	46	17
NY Islanders	19	7	9	3	54	61	17
Philadelphia	18	7	10	1	33	45	15
Columbus	17	6	10	1	44	50	13

#### Thursday's results

Los Angeles at NY Islanders  
Columbus at Boston  
Anaheim at Tampa Bay  
Phoenix at Chicago  
Colorado at St. Louis  
Dallas at Calgary  
San Jose at Vancouver

#### Wednesday's results

Minnesota 2 Toronto 1 (SO)  
Philadelphia 2 Pittsburgh 1  
Dallas 3 Edmonton 0

#### Friday's games

All times Eastern  
Anaheim at Carolina, 7 p.m.  
Los Angeles at New Jersey, 7 p.m.  
Nashville at Pittsburgh, 7 p.m.

## MLS PLAYOFFS

### CONFERENCE FINALS

(2 games, total goals)  
Saturday, Nov. 23 — All times Eastern  
Houston at Kansas City, 7:30 p.m.

Sunday, Nov. 24  
Salt Lake at Portland, 9 p.m.

### CHAMPIONSHIP

Saturday, Dec. 7  
East champion vs. West champion, 4 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	17	14	3	0	55	30	28
Chicago	18	12	2	4	66	49	28
Minnesota	19	11	4	4	50	41	26
St. Louis	16	11	2	3	54	37	25
Dallas	18	9	7	2	49	52	20
Winnipeg	20	9	9	2	53	57	20
Nashville	18	8	8	2	38	57	18

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	20	15	4	1	68	48	31
Phoenix	19	13	4	2	63	58	28
San Jose	18	11	2	5	66	43	27
Vancouver	20	11	7	2	54	54	24
Los Angeles	18	11	6	1	52	44	23
Calgary	18	6	9	3	49	64	15
Edmonton	20	4	14	2	48	78	10

Note: 2 points for a win, 1 point for overtime loss.

Montreal at Columbus, 7 p.m.  
Toronto at Buffalo, 7 p.m.  
Washington at Detroit, 7:30 p.m.  
Boston at Ottawa, 7:30 p.m.  
Florida at Minnesota, 8 p.m.  
Philadelphia at Winnipeg, 8 p.m.  
San Jose at Edmonton, 10 p.m.

#### Saturday's games

NY Rangers at Montreal, 7 p.m.  
Detroit at NY Islanders, 7 p.m.  
Buffalo at Toronto, 7 p.m.  
Pittsburgh at New Jersey, 7 p.m.  
Carolina at St. Louis, 8 p.m.  
Tampa Bay at Phoenix, 8 p.m.  
Chicago at Nashville, 8 p.m.  
Florida at Colorado, 9 p.m.  
Edmonton at Calgary, 10 p.m.

## CFL PLAYOFFS

### DIVISION FINALS

Sunday's games — All times Eastern

Hamilton vs. Toronto, 1 p.m.  
Saskatchewan vs. Calgary, 4:30 p.m.

### GREY CUP

At Regina, Saskatchewan  
Sunday, Nov. 24  
East champion vs. West champion, 6 p.m.

## NFL

### WEEK 11

#### Thursday's result

Indianapolis at Tennessee

#### Sunday's games

##### All times Eastern

Baltimore at Chicago, 1 p.m.  
Arizona at Jacksonville, 1 p.m.  
Detroit at Pittsburgh, 1 p.m.  
Oakland at Houston, 1 p.m.  
N.Y. Jets at Buffalo, 1 p.m.  
Cleveland at Cincinnati, 1 p.m.  
Washington at Philadelphia, 1 p.m.  
Atlanta at Tampa Bay, 1 p.m.  
San Diego at Miami, 4:05 p.m.  
San Francisco at New Orleans, 4:25 p.m.  
Green Bay at N.Y. Giants, 4:25 p.m.  
Minnesota at Seattle, 4:25 p.m.  
Kansas City at Denver, 8:30 p.m.  
Monday's game  
New England at Carolina, 8:40 p.m.

## NBA

### Thursday's results

Houston at New York

Oklahoma City at Golden State

### Wednesday's results

Philadelphia 123 Houston 117  
Orlando 94 Milwaukee 91  
Charlotte 89 Boston 83  
Toronto 103 Memphis 87  
Minnesota 124 Cleveland 95  
New York 95 Atlanta 91  
San Antonio 92 Washington 79  
Denver 111 L.A. Lakers 99  
Utah 111 New Orleans 105  
Sacramento 107 Brooklyn 86  
Portland 90 Phoenix 89  
L.A. Clippers 111 Oklahoma City 103

### Friday's games

#### All times Eastern

Chicago at Toronto, 7 p.m.  
Milwaukee at Indiana, 7 p.m.  
Portland at Boston, 7:30 p.m.  
Dallas at Miami, 7:30 p.m.  
Charlotte at Cleveland, 7:30 p.m.  
Philadelphia at Atlanta, 7:30 p.m.  
Minnesota at Denver, 8 p.m.  
Brooklyn at Phoenix, 9 p.m.  
San Antonio at Utah, 9 p.m.  
Detroit at Sacramento, 10:30 p.m.  
Memphis at L.A. Lakers, 10:30 p.m.

## East Division final



Ticats at Argonauts, 1 p.m., Sunday (TSN)

The two franchises will meet Sunday at Rogers Centre in their first East final showdown since 1986. That year, Hamilton (9-8-1) edged Toronto (10-8-0) 59-56 in a two-game total-points finale before upsetting a 13-4-1 Edmonton squad 39-15 in the Grey Cup.

All signs point to a tight, high-scoring affair at Rogers Centre. Both quarterbacks are veterans and have won their share of big games, including Grey Cups. But Toronto has done a better job of protecting the football with just 32 giveaways — including a league-low nine interceptions — and had 18 more takeaways than turnovers.

Hamilton can't say the same, committing 45 turnovers during the season and finishing -13 in the giveaway-takeaway bracket. That often decides the outcome of close games.

Pick: Toronto



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## Horoscopes

### Aries

March 21 - April 20

You may not be able to ignore problems on the work front but you can lessen their impact by refusing to worry about them.

### Taurus

April 21 - May 21

There is no copyright on ideas and if someone else's insight grabs you and makes you think you can use it for your own benefit then do so and don't feel in the least bit guilty about it.

### Gemini

May 22 - June 21

You may not care what other people are saying about you behind your back but the planets suggest it might be a wise move to find out.

### Cancer

June 22 - July 23

What loved ones need most is a few words of encouragement, and that's something you never fail to deliver.

### Leo

July 24 - Aug. 23

The more you hurry lately you less you seem to get done. Do you think you should take the hint? Don't worry about falling behind in your schedule. If you take things easy today you may actually find you get more done.

### Virgo

Aug. 24 - Sept. 23

Someone at work or in your social sphere may say something hurtful today but you don't have to take it seriously. It's only words and words cannot do lasting damage, unless you let them. Ignore what you don't want to hear.

### Libra

Sept. 24 - Oct. 23

Just because friends don't seem too impressed by your latest big idea does not mean you should abandon it.

### Scorpio

Oct. 24 - Nov. 22

Generally speaking you don't try too hard to make yourself look good – as far as you're concerned it's up to other people to impress you – but it will pay you to put on your best face today.

### Sagittarius

Nov. 23 - Dec. 21

The answer to a problem of some kind is more likely to come to you if you stop searching for it so hard.

### Capricorn

Dec. 22 - Jan. 20

The more someone tries to convince you of their honesty the more careful you should be. The fact that they are making such a big issue of it suggests they may have something to hide. You're not the sort to be easily fooled – are you?

### Aquarius

Jan. 21 - Feb. 19

Cosmic activity in the most sensitive area of your chart means you find it hard to let others know how you feel. Maybe that's just as well.

### Pisces

Feb. 20 - March 20

Mistakes are a fact of life, so if you make one today don't feel too bad about it. On the other hand, if a friend or colleague points out that you are making the same mistake over and over again then maybe you do need to act.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Training institutes, for short
6. Finishes
10. Actress Ms. Farmiga
14. Sort of shrub
15. Hair remover brand
16. Dedicated
17. "Much \_\_\_ amazement..." (We were quite surprised)
18. Like a hooting bird
19. ZZ Top hit
20. Vancouver-born actress who plays Robin Scherbatsky on "How I Met Your Mother": 2 wds.
23. After lunchtime time, e.g.: 2 wds.
24. Beautify
25. Bluegrass musician, \_\_\_ Burnett
27. Story, in a house, in French
31. Blue-\_\_\_ stock
35. Speech stops
36. House: French
37. Nunavut's Road to \_\_\_
39. BC city east of Vancouver
40. CBS police drama, "Blue \_\_\_"
41. '\_\_\_' in Vancouver
42. Suffix meaning 'condition of sight'
43. Funnel-shaped
44. Fashionable fabrics

46. Camera company
48. Lohengrin aria: "\_\_\_! \_\_\_ Dream"
52. Vintage kids show on Canadian television set in a castle: 2 wds.
55. \_\_\_-a-brac
56. Family suffix in zoology
57. Spouses for Duch-

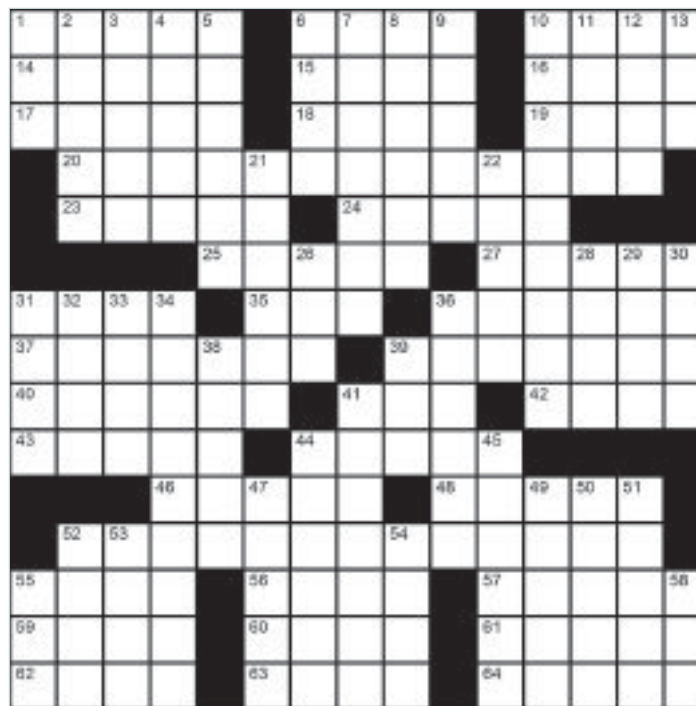
- esses
59. Shania Twain's "\_\_\_! \_\_\_ Feel Like a Woman!"
60. Actress, Sherilyn \_\_\_
61. British singer Ms. Goulding
62. Ms. Swenson of "Benson"
63. Mr. Byrnes of "77

- Sunset Strip", and others
64. Blood vessel implant

### Down

1. Nova Scotia hrs.
2. "The Big Bang Theory" star Kaley
3. Many \_\_\_ ago...
4. Stew from France

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).  
BY KELLY ANN BUCHANAN



12. Fiendishly 'fixes'
13. Promos
21. Fireplace's glowing remnants
22. Gloom
26. Mined stuff
28. Pronto!
29. Desert in Mongolia
30. Irish singer
31. Cable network
32. Prefix to 'gram' (3D image)
33. Champion's shout!: 2 wds.
34. Ancient maritime power of the Mediterranean
36. Peatland
38. Van Halen guitarist
39. \_\_\_ Harbour, Florida
41. Eastern coast of North America explored by Viking seafarer Leif Ericsson
44. Placed grassy rolls
45. Parts on trombones
47. Kitchen cutter
49. \_\_\_ Ste. Marie, Ontario
50. \_\_\_ bracelet
51. American writer Gertrude
52. Ms. Drescher
53. Diamond \_\_\_
54. Cravings
55. Dieter's calculator sort [acronym]
58. Place

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

4	5	1	9	2	6	3	7	8
7	9	6	4	8	3	1	2	5
8	3	2	5	1	7	9	6	4
6	1	7	2	4	5	8	9	3
2	8	9	3	7	1	4	5	6
5	4	3	8	6	9	2	1	7
3	6	4	7	9	2	5	8	1
1	2	5	6	3	8	7	4	9
9	7	8	1	5	4	6	3	2

1			2	6			3
	6		8	4		5	
		7			4		
		5	4		7	6	
2							5
		9	3		5	1	
		6				8	
	8		7		3		9
7			9		1		4

**Today**

8°/2°  
Variable

**Saturday**

10°/9°  
Mainly sunny

Your #1 weather forecast now available in HD.  
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The Weather Network HD

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# SMALL TOWN BOYS BIG CITY DEALS

## WINTER IS COMING

6 month  
no payment (OAC)

All Payments Include 5 year  
RVAC warranty 5.18% OAC

November Pick of the Month

**2012 Dodge Ram**

Quad Cab with Hemi

**\$26,999**

Former Daily Rental + TAX

- Four door
- Low Km
- Mint condition



8' Pop-up STARFLYER



**\$3995**

10' Pop-up STARFLYER



**\$4995**

14' RB AR-ONE



**\$26/week**

15' RB ARONE



**\$28/week**

15' FD Launch



**\$30/week**

12' RT COMET



**\$32/week**

16' RB Launch



**\$32/week**

18' FB ARONE



**\$32/week**

26 BH AR-ONE



**\$33/week**

RB 22 PIONEER



**\$35/week**

BH 27 PIONEER



**\$41/week**

229 TB TRAVEL STAR



**\$41/week**

2250 BH 2013 Wilderness



**\$41/week**

25 BHS AR-ONE



**\$41/week**

MOVEMBER DEALS ON NOW!

**FREE SNOW BLOWER**

WITH EVERY  
TRAILER PURCHASE  
\*Approx. \$1,100 Value



EMPLOYEE  
PRICING  
YOU PAY WHAT  
WE PAY

**FREE  
WINTER  
STORAGE**

Ask about our deal of a life time

2175 RB Wilderness



**\$45/week**

289 BHS Autumn Ridge



**\$49/week**

32 BUDS North Trail



**\$56/week**

346 RESA Autumn Ridge



**\$61/week**

28 BRS North Trail



**\$50/week**

DS 31 PIONEER



**\$51/week**

30 RKDD North Trail



**\$58/week**

294 RESA TRAVEL STAR



**\$63/week**

31 QBSS North Trail



**\$52/week**

329 BHU Autumn Ridge



**\$54/week**

3150 DS 2013 North Trail



**\$56/week**

285 FB TRAVEL STAR



**\$56/week**

2011 Ford Escape XLT

Best In-Class Fuel Consumption



**\$14,500**

+HST

2012 GMC Sierra 5.3L

4x4 Crew Cab



**\$26,999**

+HST

2010 Ford Edge SE

Black V6



**\$14,999**

+HST

2013 Ford F-150 XLT

Fully Loaded 4x4 Crew Cab



**\$29,500**

+HST

2009 Dodge Grand Caravan

Stow & Go, 7 Passenger, Low Km



**\$13,999**

+HST

2009 Jeep Grand Cherokee

4x4 V6



**\$16,999**

+HST

We strive for accuracy in our ads, however oversights may occur. We reserve the right to correct and or amend any errors on trailer and cars in this advertisement. All payments are weekly, Plus HST, calculated at 4.99% OAC. They are based on 72 month terms for all automobiles.

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ALL PAYMENTS ARE PLUS HST O.A.C ALL CASH PRICES ARE PLUS FRIEGHT, ADMIN., PREP FEES & HST. SEE DEALER FOR COMPLETE DETAILS ON TRAILERS.



# 2014 DODGE JOURNEY LIMITED



The Crossover You Really Want!

**\$28,977** PLUS  
HST

## PAYMENTS

**\$161<sup>.43</sup>**

BI-WEEKLY  
FINANCING

— @ —

**4.29%** FOR  
96 MONTHS

## VALUE & DISCOUNT LIST

**\$3,416**

OXFORD DODGE DISCOUNT

**\$2,000**

CONSUMER CASH

**\$700**

NO CHARGE CHROME WHEELS

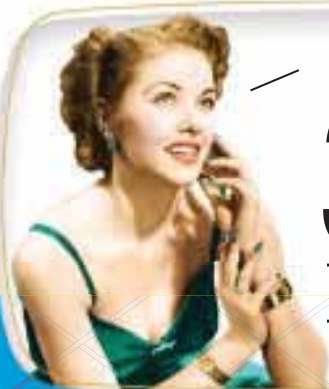
**\$600**

NO CHARGE BACK-UP CAMERA

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- 3.6L Pentastar V6 283HP
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Price and payment is just plus HST & license. Cost of borrowing sample on \$10,000 is \$1,839. O.A.C.. Payment is calculated with \$750 down.